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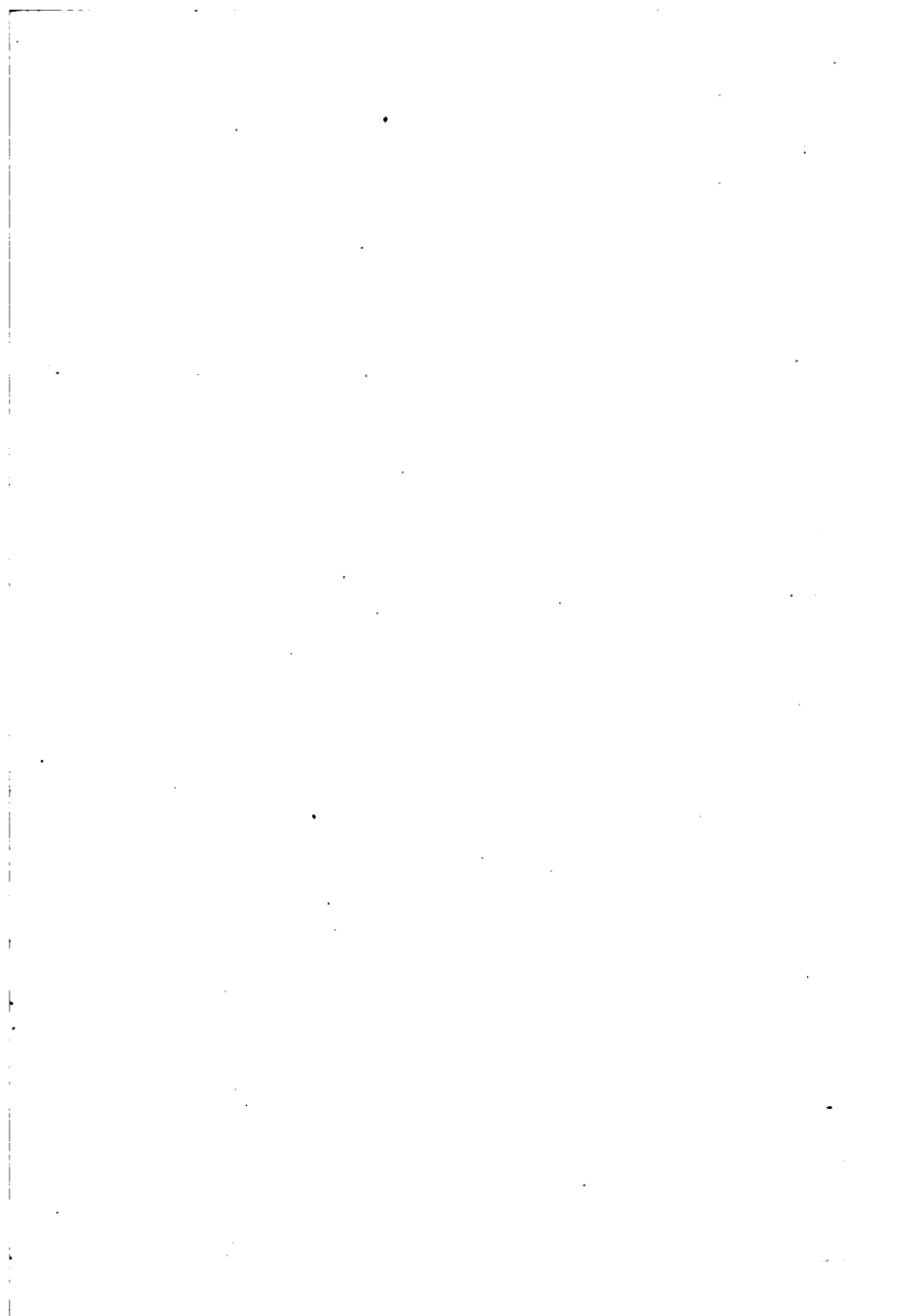
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L. S. C. Helen Crosssett







AT THE NEW ENGLAND COOKING SCHOOL OF THE GOOD HOUSEKEEPING INSTITUTE

Left - Overs Made Palatable

*How to Cook Odds and Ends of
Food Into Appetizing Dishes*

A MANUAL OF PRACTICAL
ECONOMY OF MONEY, TIME
AND LABOR IN THE PREP
ARATION AND USE OF FOOD

BASED on actual results by many of the best
cooks and housekeepers, every recipe having
also been tested at the New England Cooking
School, by some of the ablest experts, or by the author



Associate Editor of the Good Housekeeping Magazine

ORANGE JUDD COMPANY
NEW YORK : : : NINETEEN HUNDRED AND TWO

CREAM PUFFS

To delight the children. Easy to make with certain success if you carefully follow directions. Use Crisco and see what a delicate, dainty puff it makes.

Puffs:

$\frac{1}{2}$ cup Crisco, or 4 ounces
1 cup water
1 cup sifted flour
4 eggs

Filling:

2 cups scalded milk
3 eggs
 $\frac{3}{4}$ cup sugar
4 tablespoons corn starch
 $\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla

Puffs: Bring the water to a boil in a saucepan; add Crisco and stir until melted. Then add flour slowly stirring vigorously all the time. Boil until it forms a paste which clears the pan, turn into a mixing bowl and when cool add eggs one at a time beating each in thoroughly before adding the next. After the last egg is added beat vigorously about 5 minutes. Then drop by spoonfuls on Criscoed baking pan about 2 inches apart. Bake in quick oven (450°) 30 minutes. Do not open the door while they are baking. This will make 12 puffs.

Filling: Mix the sugar, cornstarch and salt together and add the beaten eggs. Add the scalded milk. Cook mixture in a double boiler until thick, stirring constantly. Cool and add flavoring. Make a little slit in the side of the puff near the bottom and put in the filling. Sprinkle the top with powdered sugar.

by

ORANGE JUDD COMPANY

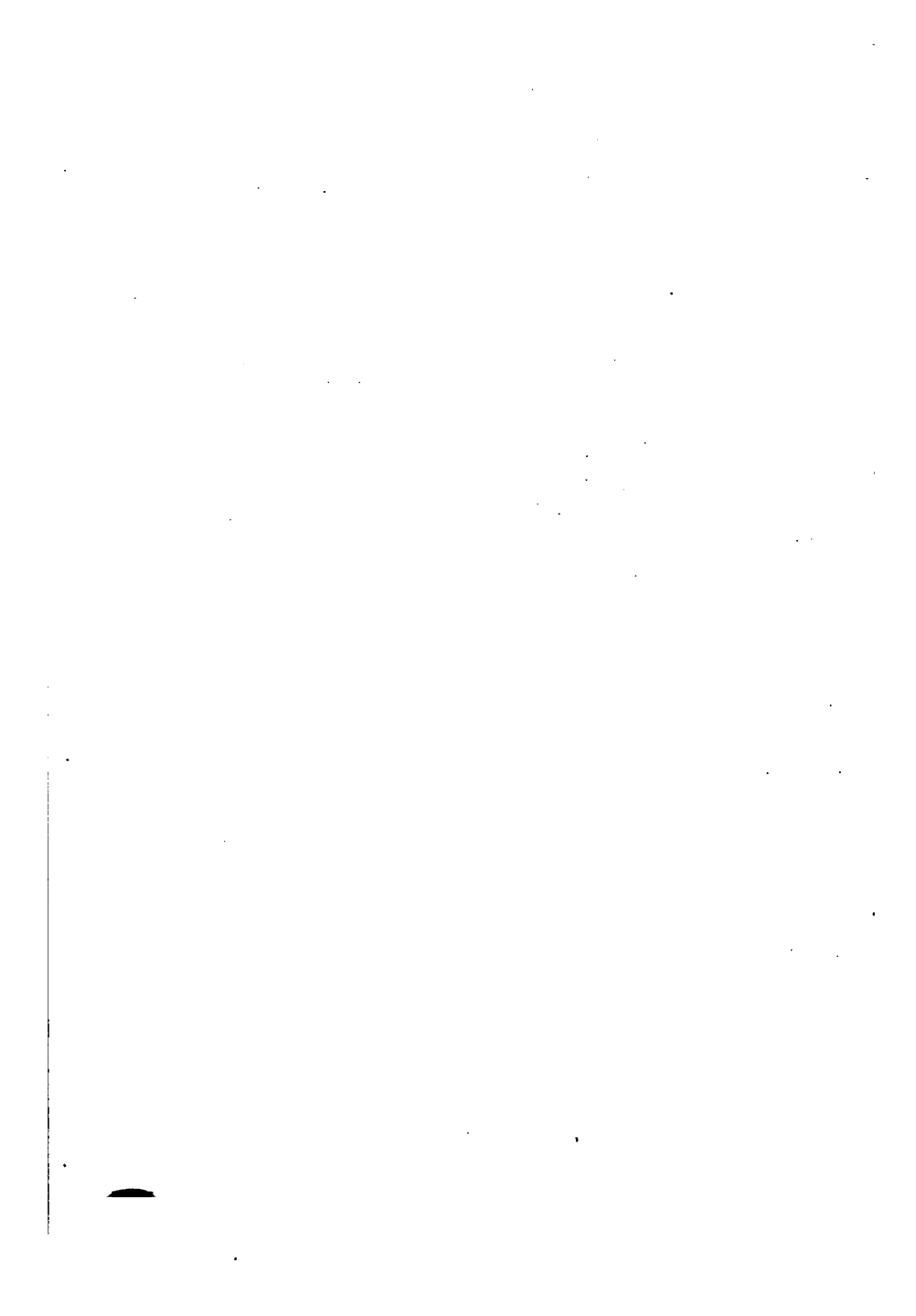
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Contents

CHAP	Introduction.	PAGE
	A Few Rules to Be Observed.	
I.	Left-Overs of Fat	1
II.	Stale Bread	8
III.	Cold Coffee	28
IV.	Cereal Left-Overs	34
V.	Sour Milk	46
VI.	Cold Potatoes	61
VII.	Vegetables	70
VIII.	Sauces and Sundry Additions to Rechauffes	86
IX.	Beef	94
X.	Cold Veal	115
XI.	Cold Lamb	120
XII.	Pork and Ham	125
XIII.	Poultry	132
XIV.	Fish	145
XV.	Stale Cake	153
XVI.	Cheese	157
XVII.	Left-Over Fruit	163

List of Illustrations

FIG.	Class at the New England Cooking School	PAGE
	Frontispiece	
1.	Brown and White Sandwiches	3
2.	Rice with Date Sauce	37
3.	Rice Croquettes	40
4.	Creamed Macaroni on Toast	44
5.	Brown Bread Steamed in Pound Cans	48
6.	Doughnuts and Fried Leavings	53
7.	Pear-Shaped Potato Croquettes	67
8.	String Bean Salad	77
9.	Croquettes and Cutlets	91
10.	Pressed Meat with Cucumber Garnish	109
11.	Mound of Lamb with Peas	121
12.	Cheese Straws and Rings	158



Introduction

WHAT shall I do with the left-overs?" is a problem that faces every housekeeper at least once a day. The cook books on a kitchen shelf aid her slightly, but few suggest anything more than salads, croquettes and hashes. There are unclassified recipes that call for sour milk, cold potatoes or stale bread, but one finds every day in the refrigerator of a careful cook other remains which seem almost hopeless because they are small in quantity and varied in number. For such perplexed housewives this book has been prepared. Before beginning to compile these recipes, I turned for suggestions to a number of women who had repute as good and economical cooks. I also began a course of training at the New England Cooking School of the Good Housekeeping Institute, giving special attention to the dainty and most appetizing methods of serving left-overs. Under the guidance of Miss Stella A. Downing, the efficient principal of the school, the widest variety possible of rechauffes were prepared. Standard recipes were adapted to certain food remains, while new recipes were tested and improved, from them the best have been culled. These recipes are not merely a compilation, they represent beyond recent work the accumulated knowledge of years of housekeeping and careful management, also everyday aid from good housewives in all parts of America, such as one must acquire in a decade of editorial work dealing with household problems.

In writing of how to use left-overs, one must necessarily allow for the judgment of the cook. There may be small left-overs in your refrigerator which did not happen to be in mine at the preparation of a certain dish—that does not prohibit their use if the combination of one food with another is not an outrage on the palate. This is of special application to salads and croquettes, where oftentimes the choice of ingredients is limited only by what is on hand. This book simply endeavors to show how to make palatable, both for hot and cold weather, the remains from every meal. To its teachings add common sense and aid in setting aside the verdict of Ian Maclaren that the American housewife is the most wasteful cook in the world.

Isabel Gordon Curtis

*A Few Rules to be Observed in
Cooking from Recipes
in This Book*

ALL measurements are level. A cup is the glass measuring cup marked with thirds and quarters. When it is full it is leveled off smoothly with a dry knife. When flour is to be measured in cupfuls, sift it, then lift with a spoon into a cup. Do not shake or press it down, simply make it full, then run a spatula over the top to level it. A tablespoonful of butter is measured in the same way. A tablespoonful of melted butter means butter melted before measuring. One cup of cream, whipped, means cream measured before whipping. Whipped cream requires measuring after being whipped.



BY LEVEL MEASUREMENT

I

Left-Overs of Fat

DO NOT throw away scraps of fat. The grease that accumulates on top of soup stock, bits of suet from roasts and steak, sausage and bacon drippings, the fat on top of the gravy from a roast, even mutton drippings, which some cooks despise, can be saved and converted into a pail of drippings that will do all sorts of excellent service. Keep a fat jar as you do a receptacle for stock pot materials. See that it is scrupulously clean and set it in a cool place. Empty it twice a week in summer and once in winter. Take all the scraps, put them through a meat chopper and set over the fire in a saucepan with enough cold water to cover them. Let them cook till the fat is melted and the water almost evaporated. Strain and press all the fat from the scraps. When this forms into a solid cake, lift it off, put with it any fat that requires clarifying and do it altogether. Pour over it a pint of boiling water, add a teaspoon of salt and boil it uncovered for an hour. Set the saucepan where it will cool as quickly as possible and lift the cake of fat as soon as it hardens. Scrape the sediment from the bottom, melt again, letting all the water cook out of it. Strain through two folds of cheesecloth, and the fat will be ready for frying. If only a teacup of fat is added to this supply once a week, it will save the buying of fat for frying purposes, even in a large family. Keep it clean by straining carefully every time it is used.

Keep in another jar a different supply of fat, the fine flavored drippings of pork or beef for frying potatoes and various foods that call for sauted treatment. If it is very brown or holds water in it, treat to a boiled bath as for frying fat and you will have a dish of drippings that excels even the traditionally fine quality of salt pork. When fat becomes too dark for frying, and pieces accumulate which are not fit to add to the frying material, clarify it occasionally and save it for soap grease. A ten-cent can of lye and the accumulation of two months' unavailable fat will make sixteen pounds of excellent soap, suitable for laundry, cleaning and sink purposes. Half an hour's work will accomplish the job and you will have a pan full of a fine, firm white jelly ready to be cut into cakes.

Small Aids for the Thrifty Housewife

If the end of a beefsteak has been blackened during the broiling process, and you wish to convert it into a mince or stew, simply wash it by pouring boiling water over it.

If a recipe calls for a cup of left-over gravy, and there is not such a thing in the refrigerator, make a substitute by stirring into a cup of boiling water a teaspoon of beef extract.

When you want a spoonful of onion juice, cut the vegetable in two and press it in a lemon squeezer kept specially for this purpose. If you need only a few drops, cut a slice from the onion and scrape the surface three or four times with a sharp knife, holding it over the dish you wish to flavor. If you want a teaspoon of chopped onion, cut a slice from one end, then hold it in your left hand while with a vegetable knife you cut into it for a half inch, first one way, then the other.

Slice off the onion that has been cut, it will be in very fine cubes.

Grow a box of parsley in the kitchen window all winter long and find a corner for it outdoors in the summer. A pinch of parsley in the cooking and a few sprigs of it as a garnish are the very finish of some tasty rechauffes.

When a dish that has a liberal garnishing of parsley is removed from the table, put each green sprig in ice water to revive if wilted and lay away wrapped in wet muslin, to be used again as a garnish or in cooking.



BROWN AND WHITE SANDWICHES

When you add dried macaroons, chopped nuts or dry brown bread crumbs to ice cream, allow one cup of the crumbs to one quart of cream.

Chop all meat for sandwiches, and if there is too little of one sort to be used, combine with any other left-over, provided it is of a flavor that makes a good combination. Chicken, veal, ham, sweetbreads and tender white pork may be used together. Meat used in slices, as in old-fashioned sandwiches, cannot be

well seasoned. Minced, it can be mixed with mayonnaise, softened butter, cream or stock, and the seasoning may consist of anything, lemon, chopped pickles, celery or olives, a spoonful of mustard and lemon juice, a drop of tabasco or onion extract, grated horse-radish, vinegar, catsup, chives, parsley or grated cheese. The seasoning is limited only by taste and the ingredients on the pantry shelves. Nothing is too humble to be transformed into a delicious sandwich. Morsels of meat or fish can be chopped and rubbed to a paste, even one hard-boiled egg, with several tablespoons of meat, will make half a dozen excellent sandwiches. The secret lies in fine seasoning and dainty service.

When buttering pans, Dario molds, cake tins, or anything which requires greasing, use a small, flat bristle paint brush. It costs ten cents, and if kept clean will last for years.

Cold soda biscuits can be dipped quickly in water and heated through, or they may be sliced thinly, toasted crisply and served with coffee. Cold muffins are good split and toasted. Cold johnnycake, sliced thin, makes a sweet crisp toast for breakfast.

Do not throw away the salt left in the ice cream pail after freezing. Pour it into a colander, shake the water from it and leave it there till it dries, then return to the bag to be used again. You will be surprised to find nearly a pint of salt saved after the freezing of a couple of quarts of cream.

If you have no fat at hand in which to fry croquettes, roll them pyramid shaped, set them on their broad base in a baking pan, pour a tablespoon of melted butter over each one and bake in a hot oven till crisp and brown. It will take from ten to fifteen minutes to cook them.

Keep constantly in the refrigerator a wide-mouthed glass jar with mayonnaise or a boiled salad

dressing. It can be made with some left-over yolks of eggs in an odd quarter of an hour while you wait for something to bake or stew, and the convenience of it can be realized only when the supply is out.

Wash eggs before using them, then save the shells for clearing coffee or soup. Four eggshells, to which something of the albumen clings, are enough to clear one pot of coffee. The crushed eggshells are capital for cleaning the insides of cruets or any bottle with a narrow neck.

One is often puzzled to think of ways of utilizing the whites or yolks of eggs when the other part has been used. If making boiled custard, salad dressing or anything which calls for only yolks, plan to make either a snow or white cake, meringues for puddings or pies, frosting, etc. Soft-boiled eggs may be boiled again till hard, and the yolks mashed and seasoned and used in sandwiches, or served plain in meat and fish sauces, salads or soups; the whites may be put into the stock kettle or used as a garnish for all sorts of dishes. Dropped eggs, bits of omelet and other cooked eggs may be used in egg sauce, soup, stuffing, or in made-over fish or meat dishes.—Mrs. Mary Woodbridge.

Sometimes yolks of eggs are left over when making a dish which calls for only whites; drop them gently in a bowl of cold water if you do not need them immediately. They will not spoil if they stand for several days. Handle them carefully so they will not break.

A cold fried egg chopped and seasoned makes a good sandwich. Children like an oyster sandwich made by putting cold stewed oysters between buttered crackers.—H. Annette Poole.

When you serve a baked bean salad, accompany it with olive or anchovy sandwiches.

Before making a chicken salad, let the pieces before being cut stand in some chicken or white stock for a few hours. It will make it deliciously moist and tender. Roast or boiled chicken, or even a bit of canned chicken, can be treated in this way and improved.

A pint of new potatoes, too small to serve in presentable fashion, may be boiled, skinned and covered with a white sauce or allowed to cool and served whole as a potato salad with a few shredded chives sprinkled over them.

If the liquor about olives gets emptied accidentally, make a fresh brine of salt and water and replace the olives in their bottle.

A pinch of ground cloves in a warmed-up meat dish is often a pleasing addition. Nutmeg is the spice to use with poultry.

In making hash, never stir with a spoon, it makes the mixture disagreeably pasty. Toss lightly with a fork.

Save the skins of particularly fine oranges and lemons, they may be very easily candied at home and save buying an expensive item in cooking. Use the skins in two halves as when you cut them to extract the juice on a lemon squeezer. When you have a dozen or so on hand, drop them in boiling water and cook for half an hour, changing the water three times before they are done. When ready you can pierce them with a straw. Make a sirup of equal parts of sugar and water. Cook the skins in it till they grow transparent and you have a thick sirup. Drain the skins on a plate, then roll in pulverized sugar and set in a cool oven to dry. Save the sugar into which the sirup changes to flavor and sweeten sauces for puddings or fritters. Keep the lemon and orange peel packed in a fruit can with a close lid. When using

peel, cut it in fine strips with a scissors. You will find it much easier to use than a knife.

Save the oil from good sardines; a tablespoonful of it gives an agreeable flavor to a brown sauce for heating sardines and it economizes on butter.

A slight flavor of onion is almost a must-have in hot dishes prepared from cold meat.

Rubbing the inside of the salad bowl or fork with a cut clove of garlic or onion will give all the flavor desirable where the least flavor possible is desired.

If you cannot allow soup stock time enough to cool and the fat to harden, remove fat with absorbent cotton. Roll it in a tiny pad, dip it deftly across the top of the soup and the fat will be absorbed. If there is much fat, several bits of cotton may be necessary to clear it.

When you begin to grow tired of a watermelon that refuses to be eaten up, chop it coarsely, add a cup of sugar and a few tablespoons of sherry and transform it into one of the most luscious of sherbets.

Before you fry cold potatoes, dust them with flour. They will taste better and brown better.

One of the most successful transformations of a plain omelet into a delicious dish is the pouring over it when cooked a cup of hot white sauce containing a cup of green peas.

A cup or two of blanc mange enriched with eggs and well flavored may be made into a delicious pudding. Reheat it in the double boiler and press into a half-pound buttered baking powder can. When required cut in inch thick slices, roll till dry in flour, egg, crumb and fry in smoking hot fat. Serve with a wine sauce.

Save the blanched, crisp feathery tops of celery. They make the most sightly of garnishes.

II

Stale Bread

Brown Bread Brewis	Potato and Bread Stuffing for Fowl
Steamed Bread	Roast Goose Stuffing
Toasted Sandwiches	Spanish Dressing
Toast	Giblet Stuffing
Spider Browned Bread	Orange Pudding
Sandwiches in Cream Sauce	Walnut Pudding
White Bread Brewis	Lemon Meringue Pud- ding
Bread Crumb Buckwheat Cakes	Prune and Bread Pudding
Brown Bread Cream Toast with Cheese	Apple Custard Pudding
Fried Bread	Plum Pudding
Milk Toast	Fig Pudding
Brown Bread Saute	Orange Marmalade Pud- ding
Tomato Toast	Scalloped Apples
Bread Griddlecakes	Bread Pudding with Rasp- berry Sauce
Bread Crumb Omelet	Apple Dowdy
Bread Roulettes	Crusty Apple Pudding
Bread Sauce	Chocolate Souffle
Mock Bisque Soup	Brown Bread Ice Cream
English Monkey	Cocoanut Pudding
Bread Croquettes	Plain Cracker Pudding
Dressing for Baked Fish	Cracker Fritters

A CAREFUL housewife plans to keep in stock the smallest amount possible of stale bread, and of that stock not a morsel is consigned to the garbage pail. There is economy in adopting the English fashion of bread cutting, placing the loaf on a wooden trencher with a keen knife and cutting at the table each slice as it is required.

Look carefully to the stale bread remains of each day. Keep a wire basket, set in a tin pan in the pantry, to receive all scraps left on plates, toast crusts or morsels from the bread jar. Never put them in a covered pail or jar, they will mold. Save all soft inside parts of a loaf to be used as soon as possible for croutons, or croustades, slices or cubes for toast and toast points, and soft scraps for meat and fish dressings, puddings, omelets, scalloped dishes, griddlecakes, souffles, croquettes and the numerous dishes for which stale bread may be utilized.

For stuffing for poultry, fish, spareribs, veal or game it is often possible to use the dry "heels" and crusts by soaking and adding to them a portion of dry crumbs. The scraps which can be used in no other way may be saved for crumbing. When the basket becomes full, put the bread in a pan and set in a moderate oven with the door open. Never allow these crusts to grow more than a golden brown. The browner crumbs are, which are used as a covering for croquettes, etc., the less frying they will stand. Before a croquette rolled in very brown crumbs is heated to the heart, it will appear almost burned. When the scraps of bread are thoroughly dry, roll them on a board or put through the meat chopper, using the finest knife.

If there are children in the family who like "rusk," the old-fashioned New England name for browned crumbs sprinkled into cold milk, reserve the coarser

crumbs for this purpose. Sift through a fine sieve, and the crumbs which fall, no larger than corn meal, may be put away to be used for crumbing purposes. Save the rusk in the same way, keeping it always uncovered. If the air is not allowed free circulation into the can, the crumbs will spoil. When rusk is used, heat it slightly in the oven. After croquettes have been crumbed, scrape together all the fine crumbs left on the board and sift, returning what is dry to the can.

Bread crumbs are always preferable to cracker crumbs in covering anything which has been dipped in egg. Cracker crumbs do not brown well. In the recipes in this book, stale bread and crumbs are spoken of in a distinctive fashion. Dried bread crumbs are those which are rolled and sifted, suitable for crumbing, but not for use in puddings or scallops, for they would absorb too much moisture. Stale crumbs are made from odds and ends of stale bread, rubbed on a grater or crumbled fine. They must be used at once or they will mold.

Stale bread that is broken and unsightly can be used for brewis, bread puddings, or in scallops. Toast or steam all that can possibly be used in such a way. Remove crusts before toasting. It makes a dish more sightly, and the crusts can be dried for crumbs or worked into a dressing. Slices of bread too ragged to be toasted may be trimmed into diamonds, fingers, oblongs, rounds or triangles for canapes. Cut smaller pieces in dice, narrow strips or squares for croutons. Fry for forty seconds in hot fat, or butter lightly and brown in the oven. They are an attractive accompaniment for thick soups.

Toast that will cut into vandykes or long points can be utilized for surrounding dishes of spinach, Brussels sprouts, asparagus or green vegetables served in a mold. Dishes *au gratin* will use many of the dry

bread crumbs. Instead of dotting the crust with morsels of butter, melt the butter in an omelet pan, two tablespoons of butter to one-half cup of crumbs, and toss lightly with a fork till every morsel is buttered. Brewis, steamed bread and toasts of a large variety are some of the changes to ring in the daily menu, and they can be made so appetizing that a family has no suspicion it is aiding to keep the bread jar in good condition.

BROWN BREAD BREWIS

2 cups stale brown bread

$\frac{1}{2}$ cup stale white bread

1 tablespoon butter

$2\frac{1}{4}$ cups milk

For this dish use the smallest odds and ends of the bread, crumbling the larger portions into inch pieces. Put the butter in a spider. Allow it to melt, but not brown, and put in the bread. Pour the milk over it and simmer, stirring occasionally to keep the bread from sticking to the pan. Season with a dash of salt and white pepper. Serve hot.

STEAMED BREAD

Into the middle of a large steamer with a close fitting lid set a cup or bowl inverted and around it arrange slices of stale bread you wish to steam. Do not allow them to touch the side of steamer or they will become water-soaked. Fit the steamer tightly into the mouth of a kettle of boiling water. The bread will be ready in a few minutes. In taking it out turn the lid over instantly to prevent water dripping on the bread. Butter each slice and arrange on a hot plate with a napkin over them. Stale biscuit or rolls may

be steamed in the same fashion or sprinkled with cold water and set for a few minutes into a hot oven.

TOASTED SANDWICHES

Often after a picnic or entertainment a housewife has a number of bread and butter sandwiches left, too stale to serve. They may form the basis of a bread pudding or they make an attractive dish for breakfast, luncheon or supper in the shape of toasted sandwiches. Do not take them apart, lay them between the wires of a toaster and hold over a clear red fire. The butter will melt and the inside be left soft, warm and buttered, with the outside a crisp, golden brown.

TOAST

Trim the crusts from stale slices you wish to toast and move it carefully over a clear red fire for two minutes. Then turn it over and let all the moisture be drawn out of the bread. Butter and serve immediately. Toast may be utilized, especially for breakfast, in all sorts of ways. Plain toast is a favorite in most households, then there is milk toast, cream toast, dropped eggs on toast, water toast, and the excellent dish of bread soaked in egg and milk which has all sorts of names, French, Spanish, German and Scotch toast, but more properly egged toast. At the luncheon and dinner table toast appears in all forms, under chicken and with such vegetables as asparagus and spinach, under minced meats, fricassees and creamed mixtures or in the delicate canape.

SPIDER BROWNED BREAD

Take several slices of stale bread cut rather thick, cut off the crusts and butter them on both sides. Lay them in a dry, hot spider over a rather slow fire and cover with a tight lid. When one side has browned

delicately, turn and brown the other. They will be crisp outside, yet soft inside.

SANDWICHES IN CREAM SAUCE

Sandwiches left over are not usually very inviting, but they may be made so by this method. Warm them slightly in the oven, and to every three sandwiches made from chicken, veal or tongue, make a white sauce with one tablespoon of butter, one tablespoon of flour, one-half teaspoon of salt, a dash of pepper and one cup of milk cooked until thick. Then add the yolk of one egg well beaten. Pour this over the sandwiches and serve at once.—Miss Ella E. Woodbridge.

WHITE BREAD BREWIS

Heat a pint of milk in a double boiler. Stir into it enough bits of stale wheat bread to absorb all the milk. Season with a little butter and salt. It should not be pasty or sloppy, but will be a light dry porridge. It is a favorite with children, especially if served on a small pretty saucer and dotted with bits of bright jelly. Serve hot.—H. Annette Poole.

BREAD CRUMB BUCKWHEAT CAKES

$\frac{1}{3}$ cup stale bread crumbs
2 cups milk
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cake compressed yeast
 $1\frac{1}{4}$ cups buckwheat flour
1 tablespoon molasses
 $\frac{1}{4}$ teaspoon soda

Scald the milk and soak the crumbs for a half hour. Add the salt, yeast and buckwheat flour and let it stand over night. In the morning, stir in the molasses and soda melted in a spoonful of warm water. Beat briskly for a few minutes and bake on a hot greased griddle.

BROWN BREAD CREAM TOAST WITH CHEESE.

- 2 tablespoons butter
- 1 tablespoon flour
- 1 cup milk
- $\frac{3}{4}$ cup grated cheese
- 1 egg
- 1 cup cheese

Make a white sauce from the milk, butter and flour, when it boils add the grated cheese and well-beaten egg. Cook slowly till mixed, then add a cup of cheese cut into small cubes. Season with salt and cayenne and pour over slices of toasted brown bread.

FRIED BREAD

- 3 slices stale bread
- 1 egg
- 6 tablespoons milk
- 2 tablespoons olive oil

Cut the bread into fingers three inches wide and the length of the slice. Beat the egg slightly, add the milk. Dip the bread in the mixture. Put the oil in a spider and allow it to grow quite hot. Drop the bread into it and saute till brown. Drain on soft paper. Arrange log cabin fashion and serve it with a sweet liquid sauce or maple sirup.

MILK TOAST

- 6 slices stale bread
- 2 cups milk
- 2 teaspoons cornstarch
- 2 tablespoons butter

Dry the bread thoroughly in the oven, then toast over a clear fire to a golden brown. Heat the milk in the double boiler, add the butter, and when scalding hot, the cornstarch moistened in cold milk. It ought to be like a milk sauce. Lay the toast on a hot platter and baste each slice with the sauce. Serve very hot.

BROWN BREAD SAUTE

Cut the crusts off round slices of Boston brown bread with a large cookie cutter. Fry bacon in a spider and put it on a hot platter when crisp. Then lay the bread into the bacon fat and saute on both sides. Serve a crisp curled slice of bacon on each brown round.

TOMATO TOAST

- 1½ cups strained tomato
- ½ cup scalded milk
- ¼ teaspoon soda
- 3 tablespoons butter
- 3 tablespoons flour
- ½ teaspoon salt
- 6 slices toast

Make a tomato sauce from the butter, flour and tomato, add the soda and salt, then the milk. Dip the toast in the sauce. Serve hot.

BREAD GRIDDLECAKES

- 1½ cups scalded milk
- 1½ cups stale bread crumbs
- 2 tablespoons butter
- 2 eggs
- ½ cup flour
- ½ teaspoon salt
- 3½ teaspoons baking powder

Pour the hot milk and the melted butter over the crumbs and soak until they are soft. Add the well-beaten eggs, flour, salt and baking powder. Cook on a griddle like cakes.

BREAD CRUMB OMELET

- 1 cup stale bread crumbs
- 1 cup milk
- 3 eggs
- 2 tablespoons butter

Soak the bread crumbs for half an hour in the milk. Add the yolks of the eggs beaten till thick and lemon-colored. Pepper and salt to taste, then put in the whites of the eggs whipped to a dry froth. Cook in the melted butter and serve like an omelet.

BREAD ROULETTES

1 cup stale bread crumbs
 $\frac{1}{2}$ cup milk
1 egg
Dash salt
1 teaspoon parsley

Soak the bread crumbs in the milk. Mix with the egg and seasonings. Form into tiny balls, flour, egg, crumb and fry in hot fat.

BREAD SAUCE

$\frac{1}{2}$ cup stale bread crumbs
 $1\frac{1}{2}$ cups scalded milk
1 tablespoon butter
Pepper and salt
 $\frac{1}{2}$ cup browned crumbs

Pour the hot milk over the stale crumbs and cook in a double boiler for twenty minutes. Add the butter, pepper and salt. Put a tablespoon of butter in an omelet pan and in it brown one-half cup of dry crumbs. Pour the sauce about game, timbales or anything you wish to serve with it, and on the top sprinkle browned hot crumbs.

MOCK BISQUE SOUP

$1\frac{1}{2}$ cups canned tomatoes
2 teaspoons sugar
Half an onion
6 cloves
Sprig parsley
 $1\frac{1}{4}$ teaspoons soda

Quarter bay leaf
 $\frac{3}{4}$ cup stale bread crumbs
 4 cups milk
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 5 tablespoons butter

Scald the milk with the bread crumbs, onion, parsley, cloves and bay leaf, and rub through a sieve. Cook the tomatoes with the butter for fifteen minutes, add the soda and rub through a sieve. Reheat the bread and milk to the boiling point. Add the tomatoes. Season with salt, pepper and butter and pour into a tureen.

ENGLISH MONKEY

1 cup stale bread crumbs
 1 cup milk
 1 tablespoon butter
 1 cup grated cheese
 1 egg
 Paprika
 Salt
 6 slices toast

Soak the crumbs for twenty minutes in the milk. Put a tablespoon of butter in a granite saucepan. Add the cheese. When it melts, pour in the bread and milk, the egg thoroughly beaten, and seasonings. Stir thoroughly. When the mixture is smooth and creamy serve on delicately toasted crustless slices of bread.

BREAD CROQUETTES

2 cups stale bread crumbs
 1 cup hot milk
 Grated rind 1 lemon
 $\frac{1}{2}$ cup currants
 $\frac{1}{2}$ teaspoon cinnamon
 Yolks 2 eggs

Boil the bread crumbs for two minutes in the hot milk. Add the lemon, currants, cinnamon, and remove from the fire. Beat in the yolks of the eggs. Cool. Form into croquettes. Crumb and fry in hot fat.

DRESSING FOR BAKED FISH

- 1 cup stale bread crumbs
- 2 tablespoons melted butter
- 1 teaspoon minced parsley
- $\frac{1}{2}$ teaspoon minced onion
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- 2 tablespoons water
- 1 teaspoon each capers and olives chopped fine
- 1 teaspoon tomato catsup
- 1 teaspoon lemon juice

Moisten the bread crumbs with the water and melted butter. Add the seasonings. Mix thoroughly.

POTATO AND BREAD STUFFING FOR FOWL

- 2 cups mashed potato
- 1 cup stale bread crumbs
- 5 tablespoons melted butter
- 1 tablespoon sage
- 1 egg

Mix together the potato, bread crumbs and seasoning. Moisten with the butter and beaten egg.

ROAST GOOSE STUFFING.

- 10 apples
- $\frac{3}{4}$ cup currants
- $\frac{1}{2}$ cup raisins
- 2 cups stale bread crumbs
- 1 egg
- 1 teaspoon cinnamon

Pare and quarter the apples, steam them with the raisins and currants. When cooked, beat hard for five

minutes, then stir in the crumbs, the beaten egg and the cinnamon.

SPANISH DRESSING

2 cups stale bread crumbs
1 tablespoon butter
1 teaspoon minced onion
1 teaspoon chopped parsley
 $\frac{1}{2}$ teaspoon salt
Sage, thyme and summer savory
Juice and grated peel 1 lemon

Pour enough hot water over the bread crumbs to moisten them. Add the butter and seasonings.

GIBLET STUFFING

Chicken giblets
1 slice salt pork
1 cup stale bread
6 small oysters
1 teaspoon powdered sage
1 tablespoon butter
Salt and pepper

Cook the giblets slowly with the salt pork in a pint of water. When tender, put through the meat chopper. Soak the bread in the liquor in which the giblets were cooked, add the chopped meat, oysters, butter and seasonings.

Puddings

The variety of puddings into which stale bread enters is endless. It begins with the old-fashioned economical pan-dowdy and ends with the Queen of Puddings, rich in jam and lovely in meringue. For puddings use only stale bread or crumbs, rejecting crusts. Do not add the oven-dried crumbs, or you

will have a pudding as tough as a doormat. Left-overs of fruit, fresh berries, peaches, plums, gooseberries, apples, prunes, apricots, almost anything can help to enrich a bread pudding. A cupful of canned or stewed fruit or a few spoons of jam or marmalade gives a morsel of delicious flavoring. The good cook uses common sense and the material she has at hand. If a recipe calls for red raspberries and she has nothing but dried apples, she can season them with spices, and the dessert will be a success. The base of any bread pudding light as a soufflé and large enough for a family of four consists of one cup of stale bread crumbs, two cups of milk and one egg. This may be enriched by almonds, chocolate, nut meats, raisins, currants and peel or fruit of any description.

ORANGE PUDDING

- 1½ cups stale bread crumbs
- 1 cup cold water
- 1 cup sugar
- 1 cup orange juice
- Juice half a lemon
- 2 eggs
- 1 tablespoon melted butter
- ¼ teaspoon salt
- 2 tablespoons powdered sugar
- ¼ teaspoon orange extract

Soak the crumbs in the water for twenty minutes, then add the sugar, orange and lemon juice, the yolks of the eggs slightly beaten, the butter and salt. Beat till thoroughly mixed, pour in a buttered dish and bake in a moderate oven till the pudding is firm. Allow it to cool slightly and cover with a meringue made from the whites of the eggs, the sugar and the orange flavoring. Brown delicately and serve hot or cold.

WALNUT PUDDING

Meats from 12 English walnuts

1 cup stale brown bread crumbs

2 cups milk

2 tablespoons sugar

3 eggs

1 teaspoon vanilla

Scald the milk in a double boiler and add to it the crumbs and chopped walnut meats. Allow the mixture to simmer gently for five minutes. Take from the fire. When cool, stir in the yolks of the eggs beaten with the sugar. Add the vanilla and the whites of the eggs beaten to a stiff froth. Pour in a buttered mold and bake for thirty minutes. Serve hot with a wine sauce or hard sauce.—Miss Margaret Bailey.

LEMON MERINGUE PUDDING

2 cups stale bread crumbs

2 cups cold water

1 lemon

$\frac{2}{3}$ cup sugar

3 eggs

$\frac{1}{2}$ cup chopped suet

3 tablespoons powdered sugar

Soak the crumbs in the water for thirty minutes, then add the juice and grated rind of the lemon. Beat the yolks of the eggs till thick and lemon-colored, add the sugar and suet and mix thoroughly. Add the other ingredients. Bake for an hour. Beat the whites of the eggs to a dry froth and make a meringue with three tablespoons of powdered sugar. Heap lightly on top of the pudding, dust with powdered sugar and brown delicately. Serve with a liquid sauce.

PRUNE AND BREAD PUDDING

2 cups prunes
8 slices buttered bread
2 eggs
4 tablespoons sugar
2 cups milk
Nutmeg

Soak the prunes over night, and in the morning remove the stones. Cover the bottom of a buttered baking dish with a layer of buttered bread cut in wide fingers. Cover with the prunes and a dust of nutmeg and sugar. Put in another layer of buttered bread, then prunes with sugar and nutmeg. Let the crust be bread with the buttered side up. Beat the eggs well, add the milk and pour over the pudding. Bake for an hour, covering the pudding with a plate for a half hour, then leaving it uncovered to crust. Serve with a hard sauce or lemon sauce.

APPLE CUSTARD PUDDING

2 cups pared and quartered apples
1 cup stale bread crumbs
4 tablespoons sugar
1 tablespoon flour
1 tablespoon butter
1 egg
 $\frac{1}{2}$ lemon
 $\frac{1}{4}$ cup water

Put the apples with the water in a granite saucepan and cook till the fruit mashes easily. Remove from the fire, add the sugar, butter, and the grated rind and juice of a lemon. Mix the flour with the bread crumbs and stir into the mixture. Beat the egg till it is light and add it last. Turn into a buttered dish and bake in a moderate oven for three-quarters of an hour. Serve hot with hard sauce.

PLUM PUDDING

1 cup suet
 1 cup raisins
 1 cup currants
 $\frac{1}{2}$ cup citron and candied orange peel
 1 cup sugar
 3 cups stale bread crumbs
 4 eggs
 $\frac{1}{2}$ cup milk
 4 tablespoons brandy
 1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon each of allspice, cloves and
 nutmeg
 Grated rind 1 lemon

Chop the suet very fine. Seed the raisins. Slice the citron and orange peel, mix with the currants, sugar and bread crumbs, moisten with eggs well beaten, milk and brandy, then add the seasonings. Pour into a buttered mold. Steam four hours and serve with brandy sauce.

FIG PUDDING

1 cup chopped figs
 $\frac{1}{2}$ cup finely chopped suet
 1 cup chopped apple
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup stale bread crumbs
 $\frac{1}{4}$ cup milk
 2 eggs
 $\frac{3}{4}$ cup flour

To the suet add the sugar, apple and figs. Pour the milk over the bread crumbs, and add the yolks of the eggs well beaten. Combine the mixtures, add the flour and the whites of the eggs beaten until stiff. Turn into a greased pudding mold and steam four hours.

ORANGE MARMALADE PUDDING

- 1 cup stale bread crumbs
- 1 cup orange marmalade
- $\frac{1}{2}$ cup chopped suet
- 1 teaspoon baking powder
- 1 cup flour
- $\frac{1}{2}$ cup sugar
- 1 egg
- $1\frac{1}{2}$ cups milk

Toss the dry ingredients together. Add the suet and marmalade, then stir in the milk and egg. Beat for five minutes. Pour into a buttered mold, cover tightly and steam for two hours.

SCALLOPED APPLES

- 6 large tart apples
- 2 cups stale bread crumbs
- 2 tablespoons molasses
- $\frac{1}{2}$ cup hot water

Pare the apples and cut in generous slices. Into a buttered baking dish put a layer of bread crumbs, then a layer of the sliced apples and a top layer of crumbs. Add the hot water to the molasses and pour it over the pudding. Bake for twenty minutes.

BREAD PUDDING WITH RASPBERRY SAUCE

- 2 cups stale bread crumbs
- 2 cups milk
- 3 eggs
- Salt

Soak the crumbs for half an hour in the milk. Beat the yolks of the eggs till thick and lemon-colored and add to the soaked crumbs with a pinch of salt. Cut in the whites of the eggs beaten to a stiff froth and bake, setting in a pan of hot water in a moderate

oven for forty minutes. Put no sugar in this pudding; the sauce supplies all the necessary sweetness.

RASPBERRY SAUCE

3 tablespoons powdered sugar
1½ tablespoons butter
1 cup red raspberries
Juice 1 lemon

Cream the sugar and butter together. Mash the fruit and beat in with the sugar and butter. Add the lemon juice and beat till very light and frothy.

APPLE DOWDY

½ loaf stale brown bread
8 large tart apples
½ teaspoon cinnamon
¼ cup dark brown sugar
½ cup cold water
2 tablespoons butter

Cut the bread in thin slices and pare off the crusts. Butter each slice. Lay them into a buttered baking dish till it is neatly lined. Inside put the apples, pared and sliced, the sugar, cinnamon, a dust of salt, and pour over all the water. Cover the top with the bread, buttered side up. Bake slowly for an hour. Serve hot with a liquid or a hard sauce.

CRUSTY APPLE PUDDING

8 large tart apples
½ cup sugar
¼ cup seeded raisins
Citron and lemon peel
½ cup water
1 cup stale bread crumbs

Pare the apples and core them. Set them in a deep granite baking dish. Fill the space from which the cores were cut with bits of shredded lemon and

citron peel, sugar and seeded raisins. Pour over them the water, dust lightly with salt and granulated sugar and bake in a moderate oven till nearly tender. Take them from the oven and sprinkle over the top a thick crust of buttered bread crumbs and another dust of sugar. Allow them to bake for ten or fifteen minutes, or till the crumbs brown. Serve with wine sauce.

CHOCOLATE SOUFFLE

1 cup stale bread crumbs
2 cups scalded milk
1 square chocolate
 $\frac{1}{2}$ cup sugar
1 egg
Dash salt
 $\frac{1}{2}$ teaspoon vanilla

Pour the milk over the crumbs and allow them to swell for half an hour. Melt the chocolate in a bowl in the mouth of a boiling kettle, add to the sugar and scrape it into the soaked bread, beating well. Add the salt, vanilla and egg slightly beaten. Turn into a buttered dish and bake for three-quarters of an hour. Serve hot.

BROWN BREAD ICE CREAM

2 cups sifted brown bread crumbs
1 quart vanilla ice cream

Dry the brown bread in the oven and put it through the meat chopper, using the finest knife. Sift it and use only the finest portion, which is like corn meal. Add it to any vanilla cream mixture and freeze. The result is something not unlike macaroon cream.

COCOANUT PUDDING

3 eggs
4 cups milk
1 cup broken crackers

- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup grated cocoanut

Beat the yolks of the eggs and the white of one till very light, pour the milk over the crackers and let them swell slightly. Add the eggs, sugar, cocoanut and vanilla. Pour into a buttered baking dish and set in a pan of warm water before putting in the oven. Test the pudding as you would a custard, by running a silver knife in the center. If the knife comes out clean, the pudding is cooked. Watch the pan of water and do not allow it to boil; add cold water when it grows too hot. Beat the whites of two eggs to a dry froth, add two tablespoons of powdered sugar and heap the meringue on the pudding when it comes from the oven. Sprinkle with grated cocoanut and set it in the oven to brown lightly. Drop bits of currant jelly here and there over the top just before serving. This pudding is as good cold as hot.

CRACKER FRITTERS

- 2 cups broken crackers
- 4 eggs
- 1 cup milk
- Pepper and salt

Soak the crackers in the milk, add seasoning and beaten eggs. Beat thoroughly. Drop by spoonfuls in boiling fat and fry brown. Serve with lamb chops.

PLAIN CRACKER PUDDING

Put broken crackers into a small pudding dish till half full and pour over them enough hot milk to cover. Lay a plate on top to let the crackers swell and set them in a warm place for two hours, then they will be almost like a jelly. Serve cold, heaped over with whipped, sweetened cream flavored with vanilla and dotted with morsels of currant jelly.

III

Cold Coffee

Mocha Cream Frosting	Coffee Jelly
Coffee Cream Sauce	Coffee Filling for Cake
Coffee Sponge	Walnut Coffee Cake
Cafe Parfait	Coffee Frosting
Coffee Mousse	Coffee Cake
Coffee Frappe	Coffee Ice Cream
Frozen Coffee with Cream	

WHEN the coffee pot leaves the dining table, pour the coffee through a strainer and a double thickness of cheesecloth. If only a few table-spoons of the clear, brown liquid remain it is enough for flavoring some delicate dessert. If it cannot be used at once, keep it in a corked bottle in the refrigerator. In hot weather, when iced coffee is one of the most refreshing drinks, left-over coffee need never go a-begging. The daintiest way to serve it is in goblets with a few shavings of ice and a spoonful of whipped cream floating on top. When it is to be used as a chilled beverage, sweeten it while hot and let it cool several hours before using. If well chilled, it will require less ice and thus lose less of its strength.

MOCHA CREAM FROSTING

- I cup butter
- I cup sugar
- $\frac{1}{2}$ cup strong coffee

Cook the coffee and sugar together till a thick sirup is the result. Cool it. Cream the butter till very light and white. Beat slowly into the sirup. This is used for a filling and frosting for layer sponge cake. The cream is thick enough to retain its form, and is generally forced through a pastry bag when a much ornamented cake is desired.

COFFEE CREAM SAUCE

Yolks 3 eggs
4 tablespoons sugar
Dash salt
1 cup strong coffee
 $\frac{1}{2}$ cup thick cream

Beat the yolks slightly, add four tablespoons sugar and the salt. Pour on the coffee and cook in a double boiler until you have a thick custard. Pour in the cream beaten stiff. Allow it to grow quite cold and serve with vanilla ice cream.

COFFEE SPONGE

$1\frac{1}{2}$ cups strong coffee
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup water
1 tablespoon gelatine
 $\frac{1}{4}$ teaspoon salt
3 eggs
 $\frac{1}{2}$ tablespoon vanilla

Mix the coffee, milk, half of the sugar and the gelatine, soaked for half an hour in the water, and heat in a double boiler. Add the rest of the sugar, salt and the yolks of the eggs slightly beaten. Cook until the mixture thickens. Remove from the stove and add the whites of the eggs beaten until stiff and dry, then the vanilla. Pour into a wet mold, chill on ice. Serve with whipped cream.

CAFÉ PARFAIT

- 1 cup milk
- $\frac{1}{4}$ cup strong coffee
- Yolks 3 eggs
- Salt
- 1 cup sugar
- 3 cups thin cream

Scald the milk and coffee together, and add half the sugar. Use this mixture for making a custard with the eggs, salt and the rest of the sugar. Add one cup of cream and let it stand for half an hour, then cool and strain. Add the remainder of the cream and freeze.

COFFEE MOUSSE

- 4 cups thin cream
- 1 cup strong cold coffee
- 1 cup sugar
- $1\frac{1}{2}$ tablespoons gelatine
- 2 tablespoons cold water
- 3 tablespoons hot water

Soak the gelatine in cold water, dissolve it in boiling water. Add the coffee and sugar. Set in a pan of ice water, stir until it begins to thicken, then fold in the whip from the cream. Put in a mold, cover, pack in ice and salt and let it stand for four hours.

COFFEE FRAPPE

- 4 cups strong coffee
- $\frac{1}{2}$ cup sugar
- 1 cup cream

Pour the coffee over the sugar and stir till it melts. Add the cream. Freeze, stirring it occasionally. Serve in sorbet glasses. If you wish you may make the frappe from the clear, sweetened coffee and serve with a spoonful of whipped cream in each glass.

COFFEE JELLY

- 2 tablespoons granulated gelatine
- $\frac{1}{2}$ cup cold water
- 1 cup boiling water
- $\frac{1}{2}$ cup sugar
- 1 tablespoon lemon juice
- 2 cups cold coffee

Soak the gelatine in cold water, dissolve in boiling water, strain and add to the coffee, sugar and lemon juice. Turn into a mold and chill.

COFFEE FILLING FOR CAKE

- 1 cup hot milk
- $\frac{1}{2}$ teaspoon butter
- 2 egg yolks
- 2 tablespoons cornstarch
- $\frac{1}{2}$ cup very strong coffee

Beat the yolks until thick and lemon-colored. Add the sugar and cornstarch, then the milk and butter, and cook until it boils. Add the coffee. Return to the double boiler and cook until thick. When cool, fill the cake and cover it with a coffee frosting.

WALNUT COFFEE CAKE

- $\frac{1}{2}$ cup butter
- 1 cup sugar
- $\frac{1}{2}$ cup strong coffee
- $1\frac{3}{4}$ cups flour
- $2\frac{1}{2}$ teaspoons baking powder
- Whites 3 eggs
- $\frac{3}{4}$ cup walnut meats, broken in pieces

Cream the butter, gradually add the sugar, and beat until white and frothy. Pour in the coffee. Sift in the flour with the baking powder, add the walnut meats, and the whites of the eggs beaten to a stiff froth. Bake in a deep pan and ice with coffee frosting.

COFFEE FROSTING

Add to a cup of confectioner's sugar as much strong coffee as will give you the consistency of cake frosting. Flavor with half a teaspoon of vanilla. Beat till very smooth, then spread on the walnut coffee cake. Garnish with halves of English walnuts.

COFFEE CAKE

$\frac{1}{2}$ cup butter
2 cups sugar
4 eggs
2 tablespoons molasses
1 cup strong coffee
 $3\frac{3}{4}$ cups flour
5 teaspoons baking powder
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon mace
 $\frac{1}{2}$ teaspoon allspice
 $\frac{3}{4}$ cup raisins
 $\frac{3}{4}$ cup currants
 $\frac{1}{4}$ cup citron
2 tablespoons brandy

Cream the butter and sugar. Add the well-beaten yolks of the eggs, the milk and coffee, then the flour, with all the dry ingredients sifted in, the raisins, currants and citron rolled in flour, and the brandy, lastly the whites of the eggs beaten to a stiff froth. Frost with coffee icing.

COFFEE ICE CREAM

2 cups milk
 $1\frac{1}{2}$ cups sugar
2 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
2 eggs
2 cups cream
 $\frac{1}{2}$ cup cold strong coffee

Scald the milk in a double boiler. Pour it over the flour, salt, sugar and well-beaten eggs, and stir till the sugar is dissolved. Return to the double boiler and cook till the custard coats the spoon. When cold, add the coffee and cream, then freeze.

FROZEN COFFEE WITH CREAM

4 cups cold coffee
 1½ cups sugar
 Whites 2 eggs
 2 cups cream
 2 tablespoons powdered sugar
 1 teaspoon vanilla

Add the beaten whites of the eggs and the sugar to the coffee, freeze till stiff. Pack. When ready to serve, whip the cream, sweeten slightly and stir in one cup of it to the coffee. Reserve the rest to put in a frothy mound on top of each sorbet cup.—Mrs. Ashley.

IV

Cereal Left-Overs

Rice with Cheese Crust	Farina Muffins
Rice with Cheese	Fried Mush and Bacon
Rice Griddlecakes	Fried Mush
Rice with Date Sauce	Hominy Muffins
Rice Waffles	Hominy in Cream Sauce
Rice Gems	Hominy Griddlecakes
Rice Bread	Macaroni and Celery
Rice and Corn Meal Muffins	Savory Macaroni
Cream Rice Pudding	Creamed Macaroni on Toast
Rice and Apple Pudding	Macaroni and Chicken
Rice Croquettes	Macaroni a la Italiene
Oatmeal Muffins	Macaroni Croquettes

THE appetizing dishes which may be evolved from a small left-over of any cereal are many. By cereals I include every description of breakfast food, rice, macaroni, hominy or oatmeal. Even a few spoonfuls of well-cooked cereal can be utilized in gems or griddlecakes or can be fried in butter and eaten hot with maple sirup. Set it away carefully, covering tightly.

An excellent plan is to keep three baking powder tins, a quarter, half-pound and pound size, for this purpose. The variety in size will fit the amount of the left-over. Brush the can inside with butter, pack in the cereal while hot and cover. When needed, slip it out of the can, cut in one-half-inch slices and roll in

flour to dry. Dip in egg and crumbs and fry in smoking hot fat. Eat with maple sirup. Cream of wheat, mush, hominy, wheatena, Quaker oats, flaked rice, farina, Pettijohn, Ralston's food, wheatlet, indeed any of the large variety of cooked breakfast foods can be made palatable in this way.

If the left-over only amounts to a cupful, combine it with flour as given in oatmeal muffins and you will have a most satisfactory hot breakfast bread. Served with bacon these second-day preparations of cereals form a very nice relish.

The uses of cold rice cannot be enumerated. There are so many methods of transforming it into most attractive dishes that many housewives while preparing hot rice for the table, cook a double portion and reserve it for various uses. A cup of rice is a pleasant addition to many hot breakfast breads. It may be made into delicious puddings, fritters, pancakes, mixed with a cup of cold tomato or even left-over tomato soup, well seasoned, sprinkled with cheese and buttered bread crumbs and baked till brown, when it appears as a palatable entree. It can be utilized for croquettes, drop cakes, for a thickening to soups and stews, it may be curried, worked into left-over meat dishes, and even changed into ice cream.

Macaroni and spaghetti left-overs make good rechauffes. With the addition of a few spoonfuls of milk or water, cold macaroni cooked in white sauce or spaghetti which made its first appearance in tomato sauce may be reheated in the double boiler, a spoonful of each put in a ramekin dish, then covered with grated cheese and baked.

RICE WITH CHEESE CRUST

2 cups cold boiled rice
1 cup milk

2 eggs
Pepper and salt to taste
1 cup grated cheese
1 tablespoon butter

Put the rice in a double boiler and cook it in the milk till smooth and soft. If there are any lumps in the rice, beat with a wire whisk. Add the well-beaten eggs and the salt and pepper. Pour into a shallow baking pan, sprinkle the cheese lightly over the top, dot with morsels of butter and bake till the top is delicately brown. This makes a nice entree.

RICE WITH CHEESE

3 cups cold rice
1 tablespoon butter
Dash cayenne and salt
1 cup grated cheese
1 cup milk
 $\frac{1}{2}$ cup buttered cracker crumbs

Reheat the rice in a double boiler. Butter a pudding dish and cover the bottom of it with the rice. Dot it with scraps of butter. Sprinkle with grated cheese, cayenne and salt, and repeat until the rice and the cheese are used up. Add the milk, cover with the buttered cracker crumbs and bake twenty minutes.

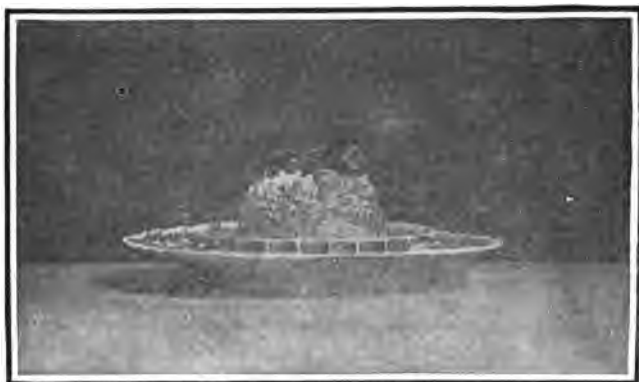
RICE GRIDDLECAKES

$\frac{1}{2}$ cup cold rice
 $2\frac{1}{2}$ cups flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
4 tablespoons sugar
 $1\frac{1}{2}$ cups milk
1 egg
2 tablespoons melted butter

Sift together the dry ingredients. Work in the rice with the tips of your fingers. Add the well-beaten egg, milk and butter. Beat well. Cook on a griddle.

RICE WITH DATE SAUCE

Take cold rice, put it in a double boiler with a little milk and let it steam till the milk is absorbed. Sweeten to taste and add a dash of nutmeg. Press the rice into buttered cups. Turn out and serve hot



RICE WITH DATE SAUCE

individually with a lemon sauce in which cut dates have been stewed for a few minutes. This makes a nice dessert.

RICE WAFFLES

- 1 $\frac{3}{4}$ cups of flour
- $\frac{2}{3}$ cup cold rice
- 1 $\frac{1}{2}$ cups cold milk
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon melted butter
- 1 egg

Sift the flour, sugar, baking powder and salt. Work in the rice with the tips of the fingers. Add the yolk of the egg, well beaten, milk, butter, and last of all the white of egg beaten stiff. Cook on hot waffle irons.

RICE GEMS

- 1 egg
- 1 cup milk
- 1 tablespoon melted butter
- 1 cup cold rice
- 1 cup flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt

Beat the eggs till light, add the milk and butter. Beat the rice with this until smooth, then sift in the salt, flour and baking powder. Bake twenty minutes in hot gem pans.

RICE BREAD

- 2 eggs
- 1 tablespoon melted butter
- 1 cup cold rice
- 1 cup white corn meal
- $\frac{1}{2}$ cup flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ cups milk

To the yolks of the eggs beaten well, add the milk and butter, rice, corn meal and flour. Whip thoroughly, add the salt and baking powder and last the whites of the eggs beaten to a stiff froth. Pour into shallow pans, allowing the batter to spread only an inch thick. Bake in a moderate oven for half an hour. Cut into squares when baked and serve hot.

RICE AND CORN MEAL MUFFINS

- $\frac{1}{2}$ cup white corn meal
- $\frac{1}{2}$ cup flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 cup cold rice
- $1\frac{1}{2}$ cups milk
- 2 eggs
- 2 tablespoons butter

Sift the dry ingredients together, rub the rice in lightly with the tips of the fingers till every grain is separated. Beat the yolks of eggs till thick, mix with the milk, pour over the dry ingredients and beat well. Add the melted butter and at last the whites of the eggs beaten to a dry froth. Bake in a hot oven.

CREAM RICE PUDDING

- 2 tablespoons cold boiled rice
- 3 tablespoons sugar
- Yolk 1 egg
- 3 tablespoons cornstarch
- 2 cups milk
- $\frac{1}{2}$ teaspoon vanilla

Put the milk with the cold rice in a double boiler, add the sugar and salt. When it boils, add the cornstarch wet in a few tablespoons of cold milk. Just before it is ready to take from the fire, add the egg and flavoring. Eat cold with whipped cream.—Mrs. Robert Ashley.

RICE AND APPLE PUDDING

- 8 large tart apples
- $\frac{1}{2}$ cup chopped raisins and citron
- 2 cups cold rice
- $\frac{1}{4}$ cup sugar

Pare and core the apples, set them closely together in a deep baking dish and fill the hollows from which

the cores were cut with chopped raisins and citron. Dust with sugar and nutmeg. Fill in all the spaces to the top of the dish with the rice and cover with a plate. Set it in the oven. In fifteen minutes uncover and bake fifteen minutes longer, allowing the rice to crust delicately. Serve warm with whipped cream.

RICE CROQUETTES

1½ cups cold rice
½ teaspoon salt
Yolks 2 eggs
1 tablespoon butter



RICE CROQUETTES

Put the rice in a double boiler with a little milk and let it cook till the rice has absorbed the milk. Remove from the fire, add the beaten egg yolks and butter and spread on a plate to cool. Shape into balls, roll in crumbs, then dent with the finger till the croquette is

like a small nest. Dip in egg, then in crumbs again, fry in deep fat and drain. Serve hot with a cube of jelly in each nest.

OATMEAL MUFFINS

- $\frac{3}{4}$ cup scalded milk
- 4 tablespoons sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ yeast cake dissolved in
- $\frac{1}{4}$ cup warm water
- 1 cup cold cooked oatmeal
- $2\frac{1}{2}$ cups flour

Scald the milk and add to it the sugar and salt, as soon as it grows lukewarm add the yeast. Work the flour into the oatmeal with the tips of the fingers and add to the milk. Beat thoroughly, cover and allow it to rise over night. In the morning pour into greased iron gem pans and set in a warm place to rise. Bake for half an hour.

FARINA MUFFINS

- 1 cup cold farina
- 2 cups flour
- 3 eggs
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- 2 tablespoons melted butter
- 2 teaspoons baking powder
- $\frac{3}{4}$ cup milk

Sift the dry ingredients together and work in the farina. Add the butter, milk and yolks of the eggs, at the last minute the beaten whites of the eggs. Pour into greased gem pans. Bake twenty minutes in a hot oven.

FRIED MUSH AND BACON

Cook slices of bacon in the spider. Lift them out and lay on a hot plate. Cut cold mush in neat

slices, dip in flour, egg and crumbs. Fry in hot fat till brown and crisp on both sides. Drain on soft paper and serve with the bacon. This makes a delicious breakfast dish.

FRIED MUSH

If there is any corn meal mush left from breakfast do not scrape it in cold spoonfuls into a bowl; reheat and allow it to become smooth, then pour into a square cake tin, calculate the amount of mush to the size of the tin, so it will make a cake two inches in depth. Cover when it cools and set in the refrigerator. When it is needed for breakfast or supper, cut into squares about four inches in size and roll them in flour till quite dry. Drop into smoking hot fat and fry brown. Drain and serve hot with maple sirup.

HOMINY MUFFINS

- 1 cup cold hominy
- 4 tablespoons butter
- 1 cup scalded milk
- 3 tablespoons sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ yeast cake dissolved in
- $\frac{1}{4}$ cup lukewarm water

Warm the hominy in a double boiler and break it into grains in a mixing bowl. Add the butter, milk, sugar and salt. When it is lukewarm stir in the yeast and enough flour to make a thick batter. Let it stand over night. In the morning fill gem pans two-thirds full, set to rise in a warm place and bake in a moderate oven.

HOMINY IN CREAM SAUCE

- 2 cups cream sauce
- 2 cups cold hominy

Make a cream sauce and into it stir the hominy. Reheat in a double boiler and serve very hot instead of potato.

HOMINY GRIDDLECAKES

- $\frac{1}{2}$ cup cold hominy
- 2 eggs
- 2 cups sour milk
- $1\frac{1}{4}$ teaspoons soda
- 2 cups flour
- $\frac{1}{2}$ teaspoon salt

Warm the hominy and mix with it the well-beaten eggs. Sift in the flour and salt, alternating with a half cup of milk, till the mixture is ready to beat, at last stir in the soda dissolved in a tablespoon of warm water. Bake on a hot greased griddle. Eat with maple sirup.

MACARONI AND CELERY

- 1 cup cold boiled macaroni
- 1 cup celery
- 1 cup white sauce
- $\frac{1}{2}$ cup buttered bread crumbs
- Salt and pepper
- $\frac{1}{2}$ cup grated cheese

Cut the celery into inch long pieces and boil for ten minutes in salted water. Drain and lay in a dish with the macaroni stirred lightly through it. Over it pour the white sauce, season with salt and pepper. Sprinkle over the top the buttered crumbs and grated cheese. Bake till the top is a delicate brown.

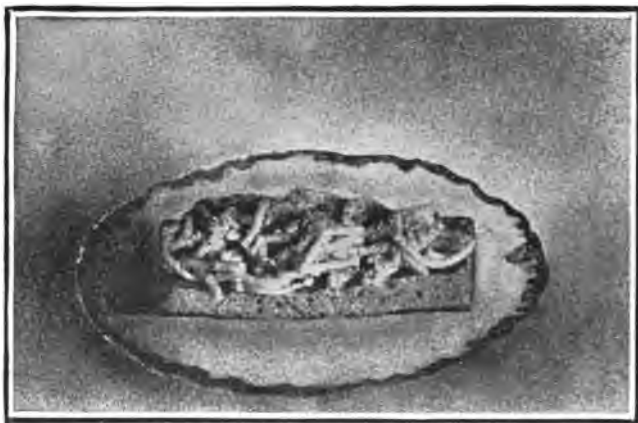
SAVORY MACARONI

- 2 cups cold macaroni
- 2 tablespoons butter
- Pepper
- Salt
- Paprika

Melt the butter in an omelet pan. Put in the macaroni, dust with pepper, salt and paprika. Let it brown slightly, tossing it with a fork while it cooks. Serve very hot as a side dish, sprinkled with grated cheese.

CREAMED MACARONI ON TOAST

1½ tablespoons butter
1 tablespoon flour
1 cup milk or cream
Salt and pepper
1 cup cold macaroni
½ cup grated cheese
6 slices toast



CREAMED MACARONI ON TOAST

Make a white sauce in a double boiler from the butter, flour and milk. Chop coarsely the macaroni, add it to the white sauce and allow it to cook for ten minutes. Pour over the buttered toast, dust liberally with grated cheese. Set on the top shelf of the oven for a few minutes and serve very hot.

MACARONI AND CHICKEN

- 1½ cups cold chicken
- 1½ cups macaroni
- 1½ cups cold tomato sauce
- ½ cup buttered crumbs

Butter a baking dish, put in a layer of macaroni, then a layer of cold chicken cut in small strips, then a few spoons of tomato sauce. Repeat in the same order till the dish is full, making the top layer macaroni. Cover with the crumbs and bake till the top is brown and crusty. No seasoning is given in this recipe, because usually tomato sauce is well flavored.

MACARONI A .LA ITALIENE

- 1 cup cold macaroni
- 1 cup cold tomato sauce
- ½ cup grated cheese
- ½ tablespoon buttered crumbs

Reheat the macaroni in a double boiler. Pour over it the tomato sauce. Cover with the cheese and buttered crumbs. Bake in a quick oven.

MACARONI CROQUETTES

- 2 tablespoons butter
- 4 tablespoons flour
- 1 cup milk
- Yolk 1 egg
- 2 cups chopped macaroni
- 2 tablespoons cheese
- Pepper and salt

If the macaroni is the remainder of a dish of tomato and macaroni or a well-seasoned cheese dish, it will be all the more tasty. Make a thick sauce from the flour, butter and milk, beat in the egg and cheese. Mix thoroughly, spread to cool, flour, egg, crumb and fry. Serve very hot with tomato sauce.

V

Sour Milk

Woodlawn Brown Bread	Soft Molasses	Ginger-
Sunday Morning Loaf	bread	
Steamed Graham Loaf	Whole Wheat	Ginger-
Sour Milk Biscuit	bread	
Corn Gems	AI Gingerbread	
Whole Wheat Muffins	Election Cake	
Graham Muffins	Soft Molasses Cookies	
Corn Muffins	Sugar Cakes	
Spider Corn Cake	Drop Ginger Cakes	
Buckwheat Gems	Indian Pudding	
Indian Griddlecakes	Brandywine Inn Pudding	
Rice or Hominy Griddle-	Savory Pudding	
cakes or Muffins	Corn Fritters	
Mother Johnson's Pan-	Sour Cream Pie	
cakes	Mushrooms in Sour	
New England Cooking	Cream	
School Doughnuts	Cottage Cheese	
Gingerbread	Sour Cream Salad Dressing	

THE use of sour milk has been handed down to us from our great-grandmothers, who had nothing but its lactic acid and the strong soda obtained from wood ashes to raise their biscuits, cookies and gingerbread. The art—and it was an art, as anyone will attest who remembers Dutch oven delicacies—has been superseded by the baking powders of to-day. Still, even now a good cook craves sour milk

for certain good things. Nothing can take its place in Boston brown bread or in cookies and gingerbread. A few of the best of these old-fashioned recipes are gathered together here.

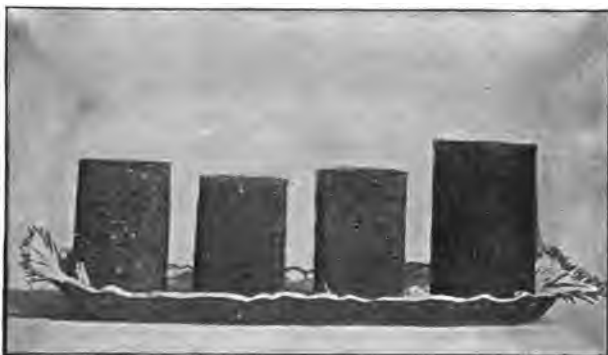
Milk or cream used for baking is best when it sours quickly and does not separate, but remains thick and smooth. The usual measurement to use in every recipe where lightness is desired is one level teaspoon of soda to two cups of sour milk or one cup of molasses. Sometimes the milk is sour, but not loppered; then use it in gingerbread or brown bread, where there is molasses enough to complete the acidity, or let it stand for a few hours in a warm place to lopper. The more acid the milk is, the more soda it will require. Never use milk which has turned bitter or moldy.

The only recipe in this volume which is an exception to the rule, and where cream of tartar adds to the raising qualities of sour milk, is the New England Cooking School doughnut. Miss Downing's explanation for setting aside a time-honored rule is that doughnuts have to be so light that the cream of tartar is added to make sour milk sourer, then more soda is used to neutralize it. The result is the best, although the most economical doughnuts, to be found in any cook book. If you are lucky enough to possess sour cream, cut down in each recipe two tablespoons of butter to one cup of sour milk, else the mixture will be too rich.

WOODLAWN BROWN BREAD

- 2 cups sour milk
- 1 egg
- 3 cups graham flour
- 2 teaspoons soda
- $\frac{1}{2}$ cup molasses
- $\frac{1}{2}$ teaspoon salt

If the graham flour is very coarse, sift it and throw away the bran. Add the salt, pour in the molasses, milk, beaten egg and the soda dissolved in a little water. If you desire bread that is not very dark or sweet, use two tablespoons of molasses and one teaspoon of sugar. Steam for two and one-half hours in pound baking powder cans. Give it three hours if steamed in a quart pail.—Mrs. Edward C. Smith.



BROWN BREAD STEAMED IN POUND CANS

SUNDAY MORNING LOAF

- 2 cups graham flour
- 1 cup wheat flour
- 1 cup Indian meal
- 1 teaspoon salt
- 1 cup molasses
- 2 teaspoons soda
- $\frac{1}{4}$ cup cold water
- 1 tablespoon melted lard
- 1 cup sour milk
- $1\frac{1}{2}$ cups sweet milk or water

Sift the dry materials together, add the molasses, lard, soda melted in the water, and milk. Beat thor-

oughly. Pour into a buttered mold and steam for three hours. This makes two medium-sized loaves. In New England these are called Sunday Morning loaves, because they are generally made Saturday night and put in the oven for half an hour next morning to serve with the traditional baked beans. They keep for one or two weeks and may be heated for use at any time.

STEAMED GRAHAM LOAF

3 cups graham flour
1 cup wheat flour
2 teaspoons soda
1 teaspoon salt
1 cup molasses
2½ cups sour milk

Sift the dry ingredients, add molasses and milk, beat well and turn into a buttered mold. Steam three and a half hours. This mixture, cooked in one-pound baking powder cans, will make four loaves, which can be reheated when required. Place the cans on a frame in a kettle containing boiling water. Steam three hours.

SOUR MILK BISCUIT

4 cups sifted pastry flour
1 teaspoon salt
1 teaspoon soda
2 cups sour milk
1 tablespoon lard
1 tablespoon butter

Sift the dry ingredients with the tips of the fingers and rub in the shortening. Pour the milk in gradually. Toss the dough on a floured board, pat and roll out. Cut in small rounds and bake in a hot oven.

CORN GEMS

2 cups yellow cornmeal
 $\frac{1}{2}$ cup flour
4 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
1 teaspoon soda
2 eggs
4 tablespoons melted butter
2 cups sour milk

Sift together the dry ingredients. Add the milk, well beaten eggs and butter, and beat thoroughly. Pour into the buttered gem pans and bake in a hot oven.

WHOLE WHEAT MUFFINS

1 cup whole wheat meal
1 cup flour
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ teaspoon soda
 $1\frac{1}{4}$ cups sour milk
2 tablespoons melted butter
1 egg

Sift the dry ingredients together, mix with the beaten egg, milk and butter. Bake in hot gem pans.

GRAHAM MUFFINS

1 cup graham flour
 $1\frac{1}{2}$ cups flour
1 cup sour milk
 $\frac{1}{2}$ cup molasses
 $\frac{3}{4}$ teaspoon soda
1 teaspoon salt

Sift the dry materials. Add the milk to the molasses and beat well. Bake in hot greased gem pans in a hot oven.

CORN MUFFINS

1 cup corn meal
1 cup flour
1 tablespoon sugar
1 teaspoon salt
 $\frac{3}{4}$ teaspoon soda
2 eggs
 $1\frac{1}{2}$ cups sour cream

Sift the dry ingredients, mix with the beaten eggs and sour milk. Beat well, pour into buttered muffin rings and bake for twenty minutes in a hot oven.

SPIDER CORN CAKE

$\frac{3}{4}$ cup corn meal
 $\frac{1}{4}$ cup flour
1 tablespoon sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon soda
1 egg
 $\frac{1}{2}$ cup sour milk
 $\frac{1}{2}$ cup sweet milk
2 tablespoons butter

Sift the dry ingredients together and mix them with the well-beaten egg and milk. Beat thoroughly. Melt two tablespoons butter in an iron spider and pour the mixture into it. Pour half a cup of sweet milk over the top of the batter and set it very carefully into a hot oven. Bake for twenty minutes.

BUCKWHEAT GEMS

$2\frac{1}{2}$ cups sour milk
 $1\frac{1}{4}$ teaspoons soda
2 tablespoons butter
 $\frac{1}{2}$ teaspoon salt
1 cup wheat flour
1 cup buckwheat flour

Sift the flour with the soda and salt. Rub in the shortening and mix with the sour milk. Bake in gem pans for half an hour.

INDIAN GRIDDLECAKES

2 cups yellow corn meal
2 cups sour milk
1 egg
1 tablespoon whole wheat flour
1 teaspoon soda

Sift the dry ingredients, beat the egg well, add the milk and soda dissolved in a tablespoon of water. Make a batter, beat thoroughly and bake immediately on a hot griddle.

RICE OR HOMINY GRIDDLECAKES OR MUFFINS

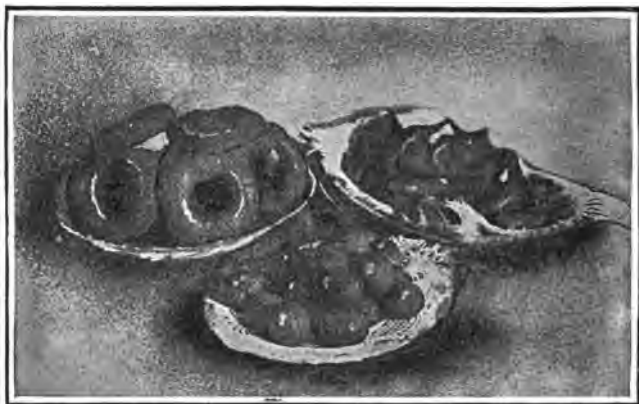
1 cup sour milk
1 cup cold rice or fine hominy
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ teaspoon soda
1 egg
1 teaspoon melted butter
Flour to make a batter

Heat the rice or hominy over hot water and moisten gradually with the milk till free from lumps. Add salt and soda, stir in the beaten egg yolk, then the melted butter, then flour to make a soft batter, lastly the white of egg beaten stiff. This is for griddlecakes. For muffins, use flour enough to make a stiffer batter, drop into hot muffin pans and bake.

MOTHER JOHNSON'S PANCAKES

2 cups sour milk
2 cups flour
 $\frac{1}{2}$ teaspoon salt
2 eggs
1 teaspoon soda

Make a batter of the flour and milk and allow it to stand over night. Next morning add the beaten yolks of the eggs, salt and soda dissolved in a table-spoon of hot water. Last the whites of the eggs whipped to a stiff froth. Bake on a hot, well-greased griddle.



DOUGHNUTS AND FRIED LEAVINGS

NEW ENGLAND COOKING SCHOOL DOUGHNUTS

- 2 cups flour
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon cream tartar
- $\frac{1}{4}$ teaspoon grated nutmeg
- $\frac{1}{4}$ teaspoon cinnamon
- 1 teaspoon butter
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup sour milk
- 1 small egg
- $\frac{3}{4}$ teaspoon soda

Sift into a pan the flour, salt, soda, cream tartar and spices. Work in the butter with the tips of the

fingers. Add the sugar, well-beaten egg and sour milk. Beat thoroughly and toss on a board dredged with flour. Knead slightly. Pat and roll out to one-fourth inch thickness. Cut with a doughnut cutter, fry and drain. Fry the little balls left by the doughnut cutter and the scraps separately. Children like them for the droll shapes they take.

GINGERBREAD

1 cup sour milk
1 cup molasses
 $2\frac{1}{3}$ cups flour
 $1\frac{3}{4}$ teaspoons soda
2 teaspoons ginger
 $\frac{1}{2}$ teaspoon salt
4 tablespoons melted butter

Mix the soda with the sour milk and add to the milk. Sift the dry ingredients into it. Add the butter and beat hard. Pour into a shallow buttered tin. Bake twenty-five minutes in a slow oven.

SOFT MOLASSES GINGERBREAD

$\frac{1}{2}$ cup sour milk
 $1\frac{3}{4}$ teaspoon soda
 $\frac{1}{3}$ cup butter
1 cup molasses
1 egg
2 cups flour
2 teaspoons ginger
 $\frac{1}{2}$ teaspoon salt

Cook the molasses and butter until they boil. Take from the fire, add the soda, and beat hard. Then pour in the milk, the egg well beaten and the dry ingredients mixed and sifted. Bake fifteen minutes, filling the pans two-thirds full.

WHOLE WHEAT GINGERBREAD

1 cup sour milk
 1 cup molasses
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ teaspoons soda
 1 tablespoon ginger
 1 teaspoon cinnamon
 $2\frac{1}{2}$ cups entire wheat flour

Sift together the dry ingredients, add the soda to the molasses, mix, add the milk and beat till light. Stir in the melted butter. Bake half an hour in a moderate oven.

AI GINGERBREAD

1 cup brown sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup molasses
 $\frac{3}{4}$ cup sour milk
 $\frac{1}{2}$ tablespoon ginger
 $\frac{1}{2}$ tablespoon cinnamon
 Dust nutmeg
 $\frac{3}{4}$ teaspoon soda
 $\frac{3}{4}$ teaspoon cream of tartar
 Juice and grated rind $\frac{1}{2}$ lemon
 1 egg
 2 cups pastry flour

Cream the butter, add the sugar and beat till very light. Whip the egg to a froth and beat into the sugar and butter. Stir in the molasses to the beaten mixture. Add the flour, soda, cream of tartar and spices, last the lemon juice and rind. Bake in a moderate oven for an hour.

ELECTION CAKE

1-2 cup butter
 1 cup bread dough
 1 egg

1 cup brown sugar
 $\frac{1}{2}$ cup sour milk
 $\frac{3}{8}$ cup raisins
8 finely chopped figs
 $1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon soda
1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon cloves
 $\frac{1}{4}$ teaspoon mace
 $\frac{1}{4}$ teaspoon nutmeg
1 teaspoon salt

Work the butter into the dough, using your hands. Add the egg, well beaten, sugar and milk, fruit rolled in flour, and the flour sifted with the dry ingredients. Pour into a buttered bread pan, cover and allow it to rise. Bake for an hour in a slow oven.

SOFT MOLASSES COOKIES

1 cup sour milk
1 cup molasses
 $1\frac{3}{4}$ teaspoons soda
 $\frac{1}{2}$ cup lard and butter mixed
2 teaspoons ginger
1 teaspoon salt
Flour

Mix the molasses and soda, and beat thoroughly, add the milk, ginger, salt, shortening and flour. Let it stand several hours in the refrigerator to get thoroughly chilled. Take half of the mixture on a slightly floured board and roll to one-fourth of an inch thickness. Shape with a round cutter. Bake in a moderate oven.

SUGAR CAKES

2 cups sugar
3 eggs
1 cup butter

2 teaspoons mace
1 teaspoon soda
 $\frac{1}{2}$ cup sour milk
 $\frac{1}{2}$ teaspoon lemon extract
4 cups flour

Beat the sugar and butter to a cream, beat in the eggs, add the sour milk with the soda dissolved, flavor with the lemon, add the flour and roll as thin as for wafers. Shape with a cooky cutter, sprinkle with sugar and bake crisp.

DROP GINGER CAKES

1 cup brown sugar
 $\frac{1}{2}$ cup butter
1 cup molasses
1 cup sour milk
1 egg well beaten
1 teaspoon ground ginger
1 teaspoon soda
 $3\frac{1}{2}$ cups flour

Mix in the order given in the recipe, creaming the sugar and butter till soft. Beat well. The dough ought to be a little thicker than soft gingerbread. Drop a dessertspoon of the dough on a buttered baking sheet and bake quickly. If desired, a cup of floured raisins may be added just before putting the cakes to bake.

INDIAN PUDDING

$1\frac{1}{2}$ cups sour milk
2 eggs
1 teaspoon soda
 $1\frac{1}{2}$ cups corn meal
1 cup dried cherries
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt

Beat the eggs, add the milk and soda. Stir in the corn meal, sugar and salt. Beat well. Add the cher-

ries. Put into a buttered mold and steam one and one-half hours. Serve with hard sauce.

BRANDYWINE INN PUDDING

- 1 cup sour milk
- 1 cup molasses
- $\frac{1}{2}$ cup butter
- 2 cups raisins
- 2 eggs
- 1 teaspoon soda
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon cinnamon
- 3 cups flour

Mix the ingredients in the order given and beat well. Steam for four hours in a buttered mold.

SAVORY PUDDING (AN OLD-FASHIONED DISH SERVED WITH A BOILED DINNER)

- 2 cups Indian meal
- 2 cups boiling pot liquor from corned beef
- 1 cup sour milk
- $\frac{3}{4}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt

Scald the meal with the pot liquor. Stir well, add the sour milk in which the soda and salt have been dissolved. Beat well. Steam for three hours in a mold. Serve with corned beef and cabbage.

CORN FRITTERS

- $1\frac{1}{2}$ cups sour milk
- 2 cups flour
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon soda
- 1 cup corn scraped from the cob

Mix the sour milk with the soda. Stir in a little flour, then the eggs slightly beaten. Add the remain-

der of the flour, last the corn and beat well. Fry in hot fat.

SOUR CREAM PIE

$\frac{1}{4}$ cup sugar
 $1\frac{1}{2}$ tablespoons flour
 Dash salt
 Grated rind 1 lemon
 2 eggs
 1 cup sour cream
 1 tablespoon lemon juice

Line a pie plate with paste, prick it, fill with flour to keep the paste in shape and bake in a quick oven. When baked, empty the flour, it can be used as browned flour, and pour in the following filling: Stir together the sugar, flour, lemon rind and salt. Mix with the well-beaten eggs, sour cream and lemon juice. Pour into the paste shell and bake in a cool oven till the custard is firm in the center. Serve thoroughly chilled.

MUSHROOMS IN SOUR CREAM

2 cups mushrooms
 4 tablespoons butter
 $\frac{1}{2}$ onion
 Salt and pepper
 $\frac{1}{2}$ cup sour cream
 1 teaspoon chopped parsley

Clean and separate the mushrooms from their stems and roll in flour. Put the butter to melt in an omelet pan with the chopped onion. Add the mushrooms, sprinkle them with pepper and salt and brown them, shaking occasionally. When cooked pour in the sour cream, allow them to boil up and serve. Sprinkle with the chopped parsley before sending to the table.

COTTAGE CHEESE

4 quarts sour milk
1 teaspoon salt
Dash white pepper
4 tablespoons cream

Put the sour milk in a large pan and into it pour four quarts of boiling water. Allow it to stand for five minutes, then turn it into a pointed muslin bag like a jelly bag. Hang this up at night over a pan and let it drain. In the morning it will be dry and ready to mix with the cream and seasonings.

SOUR CREAM SALAD DRESSING

1 cup sour cream
1 teaspoonful salt
 $\frac{1}{2}$ lemon
2 teaspoons vinegar
Cayenne
1 teaspoon sugar

Mix the seasonings with the lemon and vinegar, add the sour cream, then beat thoroughly. This dressing is suitable for cold boiled vegetables and tomatoes.

VI

Cold Potatoes

Delmonico Potatoes	Potato Omelet
Potato Cakes	Potato Croquettes
Stewed Potatoes	Potato Cakes
Lyonnaise Potatoes	Potato and Tomato Salad
Browned Potato	Potato Salad — French
Creamed Potatoes	Style
Chartreuse Potatoes	Potato and Beet Salad
Potatoes with Hard-Boiled Eggs	Glazed Sweet Potatoes
Whipped Potato	Sweet Potatoes — Cuban
Duchesse Potatoes	Style
	Sweet Potato Salad
Sweet Potatoes <i>au gratin</i>	

DO not fall into the habit of warming up cold potatoes after the same recipe year in and year out. I can think of one housewife who has the fried potato habit, another has the creamed potato predilection, and in a certain kitchen Lyonnaise potatoes reign supreme. Each dish is good, but variety is better. Study all sorts of methods for making warmed-up potatoes good and so different that they will not taste alike twice. One day there may be a suspicion of onion about the dish, another the rich flavor given by a spoonful of beef extract, a dash of chives, parsley, cayenne or celery, or they may appear *au gratin* with a delicate cheese flavor. Mashed potato may be warmed again or reappear in a dozen different ways.

There are a few rules to remember in the keeping of left-over potatoes. Never put them hot into the refrigerator. Do not allow them to stand in an uncovered dish. They will acquire a tough, disagreeable skin and have to be reduced to nothing by paring. Use cold potatoes before they are two days old. In hot weather they will not keep more than twenty-four hours. The sense of smell will speedily reveal to you if they have soured.

In hot weather use potatoes as often as possible in a salad. In this, too, seek variety. There are endless recipes for potato salads. I wish I had space to give a dozen of them, but I can only hint at combinations. Do not make a salad of old potatoes, the newer they are, the more satisfactory the salad. In Germany, potatoes for a salad are always boiled in their skins, and it is a fact that they taste better than when pared before cooking. The neatest method for preparing them is to cut the potatoes into cubes about one-half inch square or in tiny balls with a potato scoop. Do not cut them too thin or small. They break, and nothing looks more uninviting than a mushy potato salad.

Potatoes absorb a great deal of dressing, and they ought to stand to marinate at least an hour before being served. One of the most acceptable of potato salads is a combination of potato and pickled beet with Worcestershire sauce and onion juice. Another is made with finely sliced young onions as a flavor, and a sprinkling of chopped tarragon, parsley and chervil. A third has celery and chopped cabbage with minced pickle and a hard-boiled egg. Mushrooms and minced pickle are a favorite addition to a potato salad, while lettuce or celery enters into the make-up of others. There are few things among vegetables that will not combine well with potatoes. Cold peas

are good, so are tomatoes, green peppers, olives, asparagus, red cabbage, cauliflower, capers, turnips, carrots, cucumbers or string beans. Sometimes a relish is added to the potato salad by a few slices of salt salmon, several anchovies or sardines.

As to sweet potatoes, a Southern cook will tell you they are better warmed up than freshly cooked. They may be put through the potato ricer and converted into croquettes, or a pudding or pie. They may be glazed with sugar and butter, warmed in cream or make an excellent soufflé. Another way is to cut them in thick slices, dip in flour, egg and crumbs and fry in deep fat, or slice them into a regular fritter batter and fry.

DELMONICO POTATOES

5 cold potatoes
1 tablespoon butter
1 tablespoon flour
1 cup milk
 $\frac{1}{2}$ teaspoon salt
Dust pepper
 $\frac{1}{2}$ cup grated cheese

Cut the potatoes into fine dice, make a white sauce from the butter, flour, milk and seasonings, and toss the potatoes lightly into the sauce. Turn into a baking dish, sprinkle the top thickly with grated cheese and bake till it is light brown.

POTATO CAKES

2 cups finely chopped cold potatoes
2 tablespoons cream
1 egg
Pepper and salt

Mix the potatoes thoroughly with the seasonings, the egg and cream. Drop by spoonfuls in hot fat in a spider.

STEWED POTATOES

Cut cold potatoes in neat small slices. Scald one cup of milk, one tablespoon butter and seasoning of salt and pepper. Add the potato. Let it boil up and serve very hot.

LYONNAISE POTATOES

1 onion
2 tablespoons butter
5 cold potatoes
Pepper and salt

Chop the onion and fry for five minutes in the butter. Into this put five potatoes cut into dice, season with pepper and salt. Serve when brown and crisp.

BROWNEED POTATO

Boil a pint or two of the tiny potatoes left in a barrel and let them cool. Skin and saute in two tablespoons of clarified butter. Pepper and salt while in the spider. When well browned, put in a heated vegetable dish and sprinkle with chopped parsley.

CREAMED POTATOES

2 cups cold boiled potatoes
1½ cups white sauce

Cut the potatoes into fine slices, and heat in the white sauce.

CHARTREUSE POTATOES

3 cups cold boiled potatoes
Pepper and salt
½ teaspoon onion juice
½ cup bread flour
¼ teaspoon salt
½ cup milk
1 egg

Mix the flour, salt and pepper. Add the milk gradually and the well-beaten egg. Cut the potatoes into

one-fourth inch slices. Sprinkle with salt, pepper and the onion juice. Put together in pairs. Dip into the batter. Fry in deep fat and drain.

POTATOES WITH HARD-BOILED EGGS

8 cold boiled potatoes
6 hard-boiled eggs
Pepper and salt
2 cups thin white sauce
 $\frac{1}{2}$ cup buttered cracker crumbs

Cut the potatoes and eggs into slices one-fourth inch thick. Put a layer of potatoes in a buttered baking dish. Sprinkle with pepper and salt. Cover with a layer of eggs cut in slices, then a layer of potatoes. Pour over it the white sauce. Cover with crumbs and bake until brown.

WHIPPED POTATO

If you have two cups of cold mashed or riced potato, put a tablespoon of butter and four tablespoons of milk or cream in the double boiler, then add the potato. In ten minutes it will be hot. Beat with a silver fork till light and fluffy. Serve as ordinary mashed potato or use it as a border for any dish. It tastes exactly like newly-cooked potato.

DUCHESSE POTATOES

2 cups cold mashed potatoes
1 egg
2 tablespoons cream

Beat the yolk of the egg till very thick and add the cream to it, work into the potatoes. Shape in small pyramids. Rest each one on the broad end in a buttered tin. Beat the white of the egg slightly; add to it a teaspoon of milk and brush each cone with the mixture. Bake till golden brown. Serve on a hot platter, garnished with parsley.

POTATO OMELET

2 cups cold mashed potato
 $\frac{1}{4}$ cup cream
3 eggs
Salt and pepper
1 tablespoon butter

Put the potatoes in a double boiler, add the cream, the well-beaten eggs and salt and pepper. Stir lightly with a fork till hot. Melt the butter in a spider, put in the potatoes and let them cook slowly till brown on the under side. Cut and fold as if it were an omelet. Set it under the flame in a gas stove oven or before a hot fire for a few minutes to brown on top, then slip on a hot platter.

POTATO CROQUETTES

2 cups cold mashed potatoes
1 tablespoon butter
 $\frac{1}{2}$ cup cream
Whites 2 eggs
Salt and pepper
Grating nutmeg

Warm the potatoes, add the butter, cream, eggs well beaten, salt and pepper to taste and a slight grating of nutmeg. Let the mixture cool and then shape, roll in egg and cracker crumbs and fry.—Mrs. Frank Stewart.

POTATO CAKES

Take cold mashed potatoes, moisten with a little cream and work in sufficient flour, in which baking powder is mixed, to make a firm dough, adding a pinch of salt. Roll out the potato paste, thinly sprinkle with dry flour or a beaten egg, cut into rounds, and bake on a hot griddle for ten minutes; butter while hot and serve.

POTATO AND TOMATO SALAD

- 1 cup boiled new potatoes
- 1 cup fresh tomatoes
- 1 green pepper

Cut the potatoes in neat cubes, the tomatoes in quartered slices. Arrange in layers on a nest of lettuce leaves, sprinkle each layer with chopped green pepper, salt, and a mere sprinkle of powdered sugar. Pour over it a French dressing.



PEAR-SHAPED POTATO CROQUETTES

POTATO SALAD—FRENCH STYLE

- 12 cold potatoes
- 4 tablespoons vinegar
- 6 tablespoons olive oil
- 1 tablespoon chopped parsley
- Pepper and salt
- $\frac{1}{2}$ teaspoon onion juice

Cut the potatoes in fine slices. Put them in a salad bowl and marinate for two hours with a dressing

made of the vinegar, olive oil, pepper, salt and onion juice. Sprinkle with the chopped parsley.

POTATO AND BEET SALAD

- 3 cups cold potatoes
- 1 cup cold pickled beets
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion juice

Cut cold boiled potato and pickled beets into neat cubes. Make a dressing from one cup of the red vinegar in which the beets have been pickled, Worcestershire sauce and onion juice. Toss the potato and beets lightly together and pour over them the dressing.

GLAZED SWEET POTATOES

- 6 cold sweet potatoes
- 2 tablespoons butter
- 2 tablespoons brown sugar
- Pepper and salt

Pare the potatoes and cut in two lengthwise, dusting with pepper and salt. Melt the butter and sugar together, dip the slices of potatoes in this. Arrange in a baking pan and bake till they are a rich brown.

SWEET POTATOES—CUBAN STYLE

- 8 cold sweet potatoes
- $\frac{1}{2}$ cup water
- 1 cup brown sugar
- 1 teaspoon butter
- Dash cinnamon

Pare cold sweet potatoes that have been boiled or baked. Put them in a sirup made from the water, sugar, butter and a dust of cinnamon. Bake until the potatoes are covered with a fine brown glaze.

SWEET POTATO SALAD

- 2 cups cold sweet potatoes
- 1 cup celery
- 6 olives
- 1 tablespoon minced parsley

Cut the potatoes into small cubes and the celery into inch pieces. Mix and finish with French dressing. Sprinkle with sliced olives and parsley.

SWEET POTATOES AU GRATIN

- 1½ pints cold sweet potato
- 2 tablespoons brown sugar
- 2 tablespoons butter
- Pepper and salt
- ½ cup buttered crumbs

Cut the potatoes into tiny cubes and arrange in a loose layer in the bottom of a buttered baking dish. Sprinkle with pepper, salt, sugar and morsels of butter. Repeat with another layer of potato; on the top put a layer of buttered crumbs. Bake till well browned.

VII

Vegetables

Italian Salad	Mock Tomatoes
Chiffonade Salad	Baked Bean Sandwiches
Beet and Cabbage Salad	Corn Soup
Russian Salad	Pea Soup
Russian Aspic Salad	Squash Soup
Red Vegetable Salad	Cream of Corn Soup
Cauliflower and Potato Salad	Baked Bean Soup
Salad of Asparagus Tips	Wilted Lettuce
Spinach in Molds	Vegetable Hash
May Irwin's Pet Salad	Sauce Robert
and Dressing	Corn Omelet
Plain Cabbage Salad	Corn Fritters
Bavarian Salad	Corn Oysters
Macedoine Salad	Curried Vegetables
String Bean Salad	Spinach Rechauffe
Baked Bean Salad	Baked Bean Rarebit
Pea Salad	Squash Biscuit
	Onion Souffle
Scalloped Tomatoes and Onions	

THE possibilities for utilizing cold vegetables are greater than for any dish that comes to the American table. Almost every vegetable in common use, from the ragged outside leaves of the lettuce to a cup of cold string beans, may reappear as a tasty hot dish or a tempting salad. Left-over spinach, corn, lettuce, tomato, string beans, peas, squash, cauliflower, carrots, onions or beans may be

converted into savory soups, and nearly every vegetable in the market when cold can reappear as a salad.

If the left-overs are many and small, the result may be a Macedoine salad. This is the name given to a salad where cold boiled vegetables are combined. Each flavor is kept separate and generally the dish can be arranged in such a charming scheme of color that it is a pleasure to the eye. The vegetables are cut in the same shape. They may be cubes, strips, triangles, tiny balls or in fancy shapes, formed by a vegetable cutter. During the summer when young beets, turnips, carrots and green vegetables are at their best, these salads may be had in perfection. If the left-overs of vegetables come from the table coated with cream sauce or with mayonnaise, put each by itself in a colander. Wash it off in cold water, drain thoroughly, chill before using, and it will be as good as if freshly cooked. Plenty of a crisp green vegetable, lettuce, watercress or parsley, is necessary to make a Macedoine salad perfect.

Here is a typical Macedoine salad: Cut two cups each of celery, beets, carrots and potatoes into tiny cubes. Marinate each portion separately. Put a cup of shredded lettuce as a nest in the bottom of the salad bowl. Over this scatter a thin layer of potato cubes, reserving one cup of the potato for the top of the salad. Arrange two cups of green peas and string beans in alternate piles in the center; then fill in the other vegetables in four sections, the beets and carrots heaped loosely around the peas, the potatoes and celery about the string beans. In the center of the salad place a stalk of lettuce fringed into delicate fronds, and in each pile of peas and beans arrange a small gherkin cut in thin slices nearly to the stem end and the slices opened out to represent a fan.

In a lesser quantity, all vegetables may be properly combined in a salad with a simple French dressing, or the more elaborate mayonnaise. A vegetable salad is the only salad suitable to serve during a course dinner. Its accompaniments are cheese or cheese preparations.

ITALIAN SALAD.

- 1 cold carrot
- 1 cold turnip
- 1 cup cold chicken meat
- 12 mushrooms
- $\frac{1}{2}$ cup asparagus tips
- $\frac{1}{2}$ cup Brussels sprouts

Cut the carrot, turnip and chicken into inch strips. Mix lightly with a fork. Arrange in a nest of lettuce leaves on a flat dish. Moisten well with mayonnaise and mask the top with a few spoonfuls. Garnish with clusters of mushrooms, asparagus tips and Brussels sprouts.

CHIFFONADE SALAD.

- 1 head lettuce
- $\frac{1}{2}$ cup cold beets
- $\frac{1}{2}$ cup cold carrots
- $\frac{1}{2}$ cup cold string beans
- 1 tablespoon chives

Make a nest of lettuce and cut the vegetables into neat cubes. Chop the chives fine, scatter them on top. Marinate with a French dressing.

BEEF AND CABBAGE SALAD

- Half a raw cabbage
- 6 cold beets
- Pepper
- Salt

Shred the cabbage very fine. Soak it for half an hour in iced water, drain thoroughly. Mix with

the beets cut into fine cubes. Sprinkle with salt, pepper and minced onion. Serve with French dressing.

RUSSIAN SALAD

- 1 cup cold red beets
- 1 cup cold potatoes
- 2 red onions
- 1 cup celery
- 1 head chicory
- 1 teaspoon capers
- 1 teaspoon pickled nasturtium seeds
- 6 olives

Cut the beets and potatoes into fine cubes. Slice the onions fine. Cut the celery into inch length pieces. Tear the chicory into fine strips. Cut the olives into thin slices. Toss lightly together, adding the capers and nasturtium seeds. Lay in lettuce leaves. Serve with a French dressing, or mayonnaise if desired. Garnish with white rings of hard-boiled egg and sprinkle over the top a tablespoon of yolk of egg put through a potato ricer.

RUSSIAN ASPIC SALAD

- 1 cup green peas
- $\frac{1}{2}$ cup cold carrot
- 1 tablespoon capers
- 1 cup aspic jelly

Cut the carrot into tiny cubes. Ornament the bottom of a small mold with the peas, carrot and capers and fix them with aspic jelly. When hard fill the mold with jelly. Let it grow solid, then scoop out a small hollow with a hot spoon and fill with mayonnaise.

RED VEGETABLE SALAD

- 2 cups cold beets
- 2 cups cold boiled potatoes

- 2 cups raw red cabbage
- 1 teaspoon salt
- 6 tablespoons oil

Chop the beets and potatoes fine. Pour over them the red vinegar in which the beets have been pickled. Add the cabbage shredded very fine. Sprinkle with salt and the oil. Toss lightly together and stand in the refrigerator half an hour before serving. Just before setting on the table, add half a cup of French dressing flavored with onion juice.

CAULIFLOWER AND POTATO SALAD

- 2 cups cold potatoes
- $\frac{1}{2}$ cup cold cauliflower

Cut the potato into fine cubes and mince the cauliflower coarsely. Toss lightly and serve with a French dressing. Garnish with slices of cucumber.

SALAD OF ASPARAGUS TIPS

- 1 head lettuce
- 2 cups asparagus tips
- $\frac{1}{2}$ cup cold new potatoes

Clip the lettuce with scissors into fine shreds. Leave the asparagus tips whole, cut the potatoes into fine cubes. Toss lightly together, and serve with a mayonnaise or French dressing, as desired. Garnish with hard-boiled eggs and capers.

SPINACH IN MOLDS

- 2 cups cold spinach
- Salt
- Pepper
- 1 tablespoon lemon juice
- 1 tablespoon melted butter

Drain the spinach and chop it fine. Season and stir in the melted butter. Butter Dario molds and

pack in the mixture. Set on ice until chilled. Remove from the molds and arrange the spinach on thin slices of cold boiled tongue, cut in rounds. Garnish the base of each with parsley and serve on top a spoonful of sauce tartare.

MAY IRWIN'S PET SALAD

- 6 tomatoes
- 3 cucumbers
- 1 onion
- 3 green peppers
- 2 apples

Slice the tomatoes, cucumbers and apples and chop the onion and peppers fine.

DRESSING

- 1 cup oil
- $\frac{1}{2}$ cup red wine vinegar
- $\frac{1}{2}$ teaspoon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon brown sugar
- $\frac{1}{4}$ teaspoon paprika
- 1 teaspoon salt

Beat the dressing well. Turn the salad into a bowl rubbed with a garlic, pour the dressing over it, and put it on ice for half an hour. Serve with Roquefort cheese and guava jelly.

PLAIN CABBAGE SALAD

- 2 cups shredded cabbage
- 4 tablespoons oil
- 1 teaspoon salt
- 2 tablespoons vinegar

Shred the cabbage very fine and leave it in ice water for an hour. Drain it and marinate with the dressing. This is a favorite supplement to fried oysters.

BAVARIAN SALAD

- 2 heads lettuce
- 2 small onions
- 1 boiled beet

Shred the lettuce, chop the onions fine, and cut the beet into small cubes. Make a layer of lettuce, then mix the beets and onion. Pour on a mayonnaise and garnish with cut olives.

MACEDOINE SALAD

Any kind of cold vegetables, young carrots, sliced lengthwise into straws, a few peas and string beans, beets and turnips, cut in fancy shapes, are suitable for a Macedoine salad. Cover with a dressing made from three tablespoons of olive oil, one tablespoon of vinegar, half a teaspoon of salt and a little pepper, mix all together and let stand for a few minutes, arrange on lettuce leaves. The remains of canned vegetables can be used. If so, be sure to rinse them well in cold water. This salad is nice served with Neufchatel or rich cream cheese, and thin water wafers made crisp by being put in the oven for a few minutes.—Mrs. Ashley.

STRING BEAN SALAD

- 1 pint cold string beans
- 1 cucumber
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon vinegar
- 4 tablespoons olive oil
- 1 teaspoon chopped olives

A drop garlic juice or $\frac{1}{2}$ teaspoon onion juice

Make the dressing by stirring together the oil and vinegar with seasoning, adding the onion or olives at the last. Pour over the beans and allow them to marinate for half an hour. Make a nest of lettuce leaves,

reserving the fine tender leaves to decorate the top of the salad, lay around the edge slices of cucumber. Pile the beans lightly in the nest, garnish with tufts of lettuce leaves, radishes cut into strips and chopped beet.

BAKED BEAN SALAD

2 cups cold baked beans
3 ripe tomatoes
3 tablespoons vinegar
6 tablespoons oil
 $\frac{1}{4}$ teaspoon mustard
Paprika
 $\frac{1}{2}$ teaspoon onion juice



STRING BEAN SALAD

Arrange the beans in a salad dish. About them put a border of sliced tomatoes and a garnish of watercress. Make a French dressing from the vinegar, oil, mustard, paprika and onion juice. Add a little salt if

the beans are not seasoned enough. Pour it over the beans and tomato and allow it to marinate for fifteen minutes before serving. If ripe tomatoes are not in season, set mock tomatoes about the base of the dish.

PEA SALAD

- 3 cups cold peas
- 2 hard-boiled eggs chopped
- 4 tablespoons vinegar
- 2 tablespoons butter
- 2 teaspoons sugar
- 1 teaspoon made mustard
- 1 tablespoon cream
- $\frac{1}{4}$ teaspoon salt

Use peas left from dinner and add the eggs, chopped fine; mix and make a boiled dressing from the vinegar, butter, sugar, mustard and salt. When cold add a tablespoon of cream. Lay over the peas and serve on lettuce leaves.

MOCK TOMATOES

- 1 $\frac{1}{2}$ cups stewed tomato
- 3 whole cloves
- 4 peppercorns
- Blade mace
- $\frac{1}{2}$ onion cut in cubes
- 4 sprigs parsley
- 2 stalks chopped celery
- 1 tablespoon gelatine
- Salt and pepper to taste
- Dash paprika
- $\frac{1}{2}$ cup cold water

Cook together for twenty minutes the first seven ingredients. Soak the gelatine in a half cup of cold water while the tomato is cooking. Strain the liquor through cheesecloth over the strainer and pour while

hot over the gelatine. Set in ice water and stir till cool. Pour in tiny cups and set on ice till firm. Turn out when cold and decorate with mayonnaise. Each cup will look like a red tomato. Set on individual lettuce leaves. It may also be jellied in ring molds and inside put a salad of lettuce and celery.

BAKED BEAN SANDWICHES

- $\frac{1}{2}$ cup baked beans
- 1 tablespoon horse-radish
- 1 teaspoon celery and parsley minced fine
- $\frac{1}{2}$ teaspoon onion juice
- $\frac{1}{2}$ teaspoon mustard

Press the beans through a potato ricer, mix with the seasonings and spread between slices of entire wheat bread.

CORN SOUP

- 1 quart veal stock
- 1 cup green corn cut from cob and chopped

Add the corn to the stock and simmer slowly for twenty minutes. Add pepper and salt to taste.

PEA SOUP

- 2 cups cold green peas
- 4 cups veal stock
- 1 slice onion
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 tablespoons butter
- 2 tablespoons flour

Add the peas and onion to the stock and simmer till they begin to fall to pieces. Rub through a sieve, reheat, season and bind with butter and flour rubbed together. Peas that are too old to serve as a vegetable may be used for soup.

SQUASH SOUP

$\frac{1}{4}$ cup cold squash
4 cups milk
1 teaspoon onion
2 tablespoons butter
3 tablespoons flour
1 teaspoon salt
Pepper and celery salt

Chop the onion and scald it in the milk. Melt the flour and butter, then strain milk over it. Stir constantly and add the seasoning and the squash. Serve very hot.

CREAM OF CORN SOUP

2 cups cold corn
2 cups boiling water
2 cups milk
1 slice onion
Sprig parsley
2 tablespoons butter
2 tablespoons flour
Pepper
Salt

Put the corn through the meat chopper. Add the boiling water and simmer for twenty-five minutes. Rub through a sieve. Scald the milk with the onion and parsley. Remove the seasonings and pour the milk over the corn pulp. Melt the flour and butter together and use for binding. Season with pepper and salt.

BAKED BEAN SOUP

3 cups cold baked beans
2 cups water
4 cups stock
2 slices onion

3 stalks celery
 1½ cups canned tomatoes
 1 tablespoon Oscar sauce
 Salt and pepper
 2 tablespoons butter
 2 tablespoons flour

Put the beans, celery, onion, tomatoes, with the stock and water, into a saucepan and simmer for half an hour. Rub through a sieve, leaving nothing in the sieve except the skins of the beans and the seeds of the tomato. Add the seasonings and bind with the butter and flour melted together.—Mrs. W. D. Edmister.

WILTED LETTUCE

1 slice ham
 ½ cup vinegar
 1 egg
 ½ teaspoon mustard
 Pepper and salt
 Outside leaves 2 heads lettuce

Fry a slice of ham with some fat on. When done, remove the ham, leaving the fat gravy in the frying pan. Have ready the vinegar, beaten egg, mustard and pepper and salt to taste. Add the egg to the vinegar slowly, so it will not curdle. When well mixed, pour slowly into the ham gravy, stirring well. Let it come to a boil. Put the lettuce in with a fork, toss and thoroughly mix with the hot mixture in the frying pan for two minutes. Cover the pan for two minutes, then turn out in a deep dish.—R. B. Downing.

VEGETABLE HASH

From the remains of a boiled dinner there are generally enough left-overs to make a vegetable hash. Chop coarsely cabbage, turnips, parsnips, potatoes and a half carrot. Combine these in equal quantities and

to each pint of the vegetables use a tablespoon of butter melted in a spider. Pepper and salt to taste and add two and one-half tablespoons of brown stock. Cook slowly and let it just come to the boil. Serve hot with pickled beets.

SAUCE ROBERT

8 tablespoons oil mayonnaise
4 tablespoons French mustard
4 tablespoons vinegar
2 cold boiled onions

Chop the onions fine and mix with the other ingredients. This is a most delicious accompaniment to pork tenderloin, veal cutlet, lamb chops or a steak.

CORN OMELET

1 cup cold corn
3 eggs
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ teaspoon salt
Dash pepper
1 tablespoon butter

Chop the corn slightly. Beat the yolks of the eggs till thick, mix with the milk, salt and pepper. Add the corn and fold in the whites of the eggs beaten dry. Melt the butter in an omelet pan, pour in the mixture and cook exactly as you would an omelet.

CORN FRITTERS

1 cup cold chopped corn
1 cup milk
1 teaspoon baking powder
Yolks 2 eggs
4 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Beat the yolks till thick and lemon-colored, add the milk and seasoning, then the corn, flour and baking powder. Last of all, cut in the whites of eggs beaten to a stiff froth. Drop from a tablespoon into hot lard and fry a delicate brown.

CORN OYSTERS

2 tablespoons flour
2 cups chopped cold corn
2 eggs
Salt, pepper and cayenne

Beat the yolks of the eggs, add the corn, then cut in the whites of the eggs beaten stiff, the seasonings and flour. Saute in hot fat, making each cake the size of a fried oyster.

CURRIED VEGETABLES

1 cup cold potatoes
1 cup cold carrots
 $\frac{1}{2}$ cup cold turnips
 $\frac{1}{2}$ cup cold peas
2 tablespoons butter
2 slices onion
2 tablespoons flour
 $\frac{3}{4}$ tablespoon salt
 $\frac{1}{2}$ teaspoon curry powder
 $\frac{1}{4}$ teaspoon pepper
Dash celery salt
1 cup milk
1 teaspoon chopped parsley

Cut the potatoes, carrots and turnips into tiny cubes. Add the peas. Pour over them the onion cooked in the butter for five minutes. Add the flour, salt, curry, pepper, celery salt and pour on slowly the scalded milk. Sprinkle with finely chopped parsley.

SPINACH RECHAUFFE

- 2 cups cold spinach
- 4 tablespoons butter
- 3 tablespoons flour
- $\frac{3}{4}$ cup chicken stock
- 1 teaspoon powdered sugar
- Salt and pepper
- Grating nutmeg
- Grating lemon rind

Chop the spinach fine, reheat in a double boiler with the butter, in which has been melted the flour and chicken stock. Add the seasonings.

BAKED BEAN RAREBIT

- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon paprika
- 1 cup cold baked beans
- $\frac{1}{2}$ cup milk
- 1 teaspoon Worcestershire sauce
- $\frac{3}{4}$ cup chopped cheese

Press the beans through the potato ricer and sprinkle the pulp with the seasonings. Put in an omelet pan with the butter and when hot add the milk the cheese and Worcestershire sauce. Stir till thoroughly blended. Serve on slices of toast laid on very hot plates.

SQUASH BISCUIT

- $\frac{1}{2}$ cup cold squash
- 4 tablespoons sugar
- $\frac{1}{2}$ teaspoon salt
- 4 tablespoons butter
- $\frac{1}{2}$ cup scalded milk
- $\frac{1}{4}$ yeast cake dissolved in
- $\frac{1}{4}$ cup lukewarm water
- $2\frac{1}{2}$ cups flour

Add squash, sugar, salt and butter to the hot milk. When it cools, add the yeast and flour, beat hard and leave it to rise over night. In the morning shape into biscuits, let them rise and bake twenty-five minutes in a hot oven.

ONION SOUFFLE

$\frac{1}{2}$ cup stale bread crumbs
 1 teaspoon chopped parsley
 1 cup cold boiled onions
 Yolk 1 egg
 1 tablespoon butter
 1 tablespoon flour
 $\frac{1}{4}$ teaspoon salt
 Paprika
 1 cup milk
 Whites 2 eggs

Chop the onions very fine. Make a white sauce from the butter, flour, seasonings and milk. When it boils, add to it the bread crumbs, parsley, chopped onion and the beaten yolk of the egg. Beat the whites of the eggs to a stiff froth and fold them into the onion mixture. Pour into a buttered dish and bake fifteen minutes in a moderate oven. Serve with cream sauce.

SCALLOPED TOMATOES AND ONIONS

$1\frac{1}{2}$ cups cold boiled onions
 6 tomatoes
 Pepper and salt
 1 cup buttered crumbs

Cut the tomatoes into thin slices and chop the onions fine. Butter a baking pan. Put in a layer of sliced tomatoes, season with pepper and salt. Cover with a sprinkling of buttered crumbs, cover with sliced onions, then a layer of tomatoes. Make the last layer onion slices covered liberally with crumbs. Bake in a moderate oven for three-quarters of an hour.

VIII

*Sauces and Sundry Additions
to Rechauffes*

Caramel
Kitchen Bouquet
White Sauce
Aspic Jelly

Onion Butter
Browned Flour
Timbales
Croquettes

CARMEL

Into a saucepan put one cup of brown sugar, with one tablespoon of water. Stir till it becomes a rich brown color, remove when white smoke arises from it. Add one cup of boiling water and set the pan back on a warm part of the stove, where it will simmer slowly. Let the caramel cook to a sirup, then bottle. A tablespoon of caramel will give a rich brown color to a soup or stew which looks too pale.

KITCHEN BOUQUET

1 onion
1 carrot
1 bunch celery
1 sweet potato
1 parsnip
1 pepper
1 shallot
4 cloves garlic
6 bay leaves
6 cloves
 $\frac{1}{4}$ teaspoon mace

$\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon allspice
3 tablespoons brown sugar
1 cup cold water

Pare the vegetables and chop fine. Add the seasoning and mix. Put a layer of the mixture into a baking dish, cover with a sprinkling of the sugar, then the mixture, and continue till this is used up. Bake in a quick oven till it turns dark brown. Pour in the water and stir and cook till you have a thick brown sirup. Strain and bottle for use. A teaspoon of kitchen bouquet gives a good flavor and color to a soup or gravy when the vegetables required are not always at hand.

WHITE SAUCE (TO BE USED FOR CREAMED DISHES, ETC)

2 tablespoons butter
2 tablespoons flour
Salt and pepper
1 cup milk

The easiest method of preparing a sauce is to cook it in the double boiler. It does not require constant watching to prevent its burning, and it may cook while the rest of the dish is being prepared. Put the butter in the pan and allow it to melt. Then add the flour and stir it till it thickens. Add half a cup of milk and beat vigorously till it is like a thick cream. Add the rest of the milk and stir well. Use a wire whisk for sauces; it beats the mixture to a creamy consistency. Do not add the salt and pepper till ready to take from the fire, and if the sauce is to be used with a well-seasoned left-over of meat or fish, do not put in pepper and salt until it is mixed. Then season to taste. If you have white stock on hand, use it instead of milk; it will improve the taste of any dish into which

fish, meat or chicken enters. When a recipe calls for one cup of white sauce, it means one cup of milk made into a white sauce.

ASPIC JELLY

3 cups white stock
¼ cup chopped celery
White and shell 1 egg
1 slice onion
1 blade mace
3 cloves
Salt and pepper
1 teaspoon chopped lemon rind
1 sprig parsley
Small bay leaf
2 tablespoons gelatine
8 peppercorns
2 tablespoons lemon juice

Mix the cold stock, egg slightly beaten, broken eggshell, the seasonings and gelatine soaked for half an hour in a granite pan. Put it on the stove and let it heat slowly till it boils and a thick scum forms. Pour through a strainer lined with several folds of cheesecloth into a granite basin. Set in a pan of chopped ice. It is a most useful accompaniment in using left-overs of fish, meat, poultry and vegetables, especially for hot weather dishes. If set in the refrigerator a jar of aspic jelly will keep well for ten days, and may be used to mold or cut in cubes as an accompaniment with a cold entree. If you wish to have it brown, add a tablespoon of caramel, or it may be made a sparkling lettuce green with a touch of leaf green coloring. The quantity you desire to color must be melted, of course, before adding the coloring. In the same way add more lemon juice if you wish a small portion of a very sour aspic, or tarragon vinegar, if that flavor is desired.

ONION BUTTER

A small jar of onion butter may be kept for several weeks in a cold place. A spoonful of this is an invaluable addition to a rechauffe, which has often to be made in a hurry. Chop fine six onions and fry them in an iron spider in twelve tablespoons of butter. Stir constantly, letting the onion grow brown and shriveled, but not black. The smallest symptom of burning will ruin the flavor. Press through a fine wire strainer into a jelly tumbler and cover tightly when the butter has hardened. Use a teaspoonful of onion butter when a recipe calls for brown sauce with an onion flavoring.

BROWNE FLOUR

Browne flour is simply flour which has been stirred in a hot spider until quite dry and brown. The heat makes it lose its thickening properties, and it can be used as caramel is for coloring; so the usual amount of flour is needed if a gravy has to be thickened.

TIMBALES

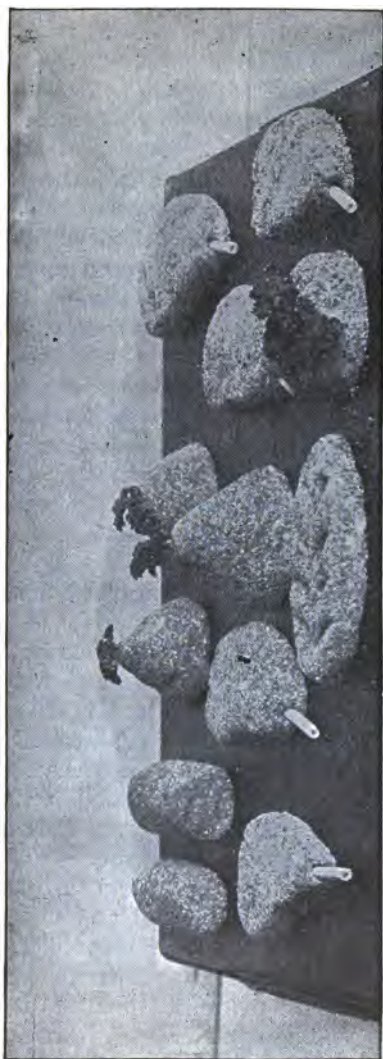
- $\frac{3}{4}$ cup flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- $\frac{1}{2}$ cup milk
- 1 beaten egg
- 1 tablespoon olive oil

Sift the dry ingredients together, then mix with the milk, egg and olive oil. Beat with a Dover beater till very light. On the stove have a kettle of fat heating. When hot enough to brown a bit of bread in forty seconds, put a timbale iron in the kettle of fat till hot, lift it out and shake off all the superfluous fat. Hold in a tin cup in your left hand the batter, in this immerse the hot iron to three-fourths its depth. The batter will cling to it in half a minute. Lift it out care-

fully and dip in the hot fat. The mixture will rise to the top of the iron and in half a minute be transformed into a brown, crisp cup. Lift it up and slip it off upside down on a sheet of blotting paper. Repeat the operation till the batter is used up. This recipe will give eighteen timbale cases. These cups when reheated can be used exactly in the same fashion as puff paste pates and make a very attractive entree, filled with creamed chicken, fish or lobster.

CROQUETTES

Nearly every left-over of meat or fish, as well as some vegetables and cereals, can be converted into croquettes, and one general rule is applied to all. The smallest amount of food may be used for croquettes, and sometimes when the refrigerator is rich in scraps that cannot be utilized in any other way, they may be combined, to reappear as delicious croquettes. If there is so little meat that it does not seem possible to make croquettes, add to it potato, rice, macaroni or even soft bread crumbs, and it would not be possible to guess that the hot, creamy, brown cones were eked out with a make-believe. The foundation of nearly all croquettes is a thick sauce, either white or brown. If you have a cup of gravy left over, convert it into a thick brown gravy; it will give meat croquettes a richer flavor than if made of white or brown sauce. The rule for the usual basis of croquettes, thick white sauce, is made as follows: Put two and one-half tablespoons of butter in a small granite pan. Stir it till melted and bubbling, then add one-third of a cup of flour, one-quarter teaspoon of salt and a few grains of pepper, stir till blended. Gradually pour in one cup of scalded milk, beat to a thick cream with a wire spoon till not a lump is left. To this add the chopped



CROQUETTES AND OUTLETS

meat and whatever seasoning is needed, and spread thin on a platter to cool. The best plan is to make this mixture early in the morning or the night before it is needed and allow plenty of time for it to cool. You will find croquettes much easier to shape when very cold than if they are the least bit warm. The mixture should be as soft as can be conveniently handled, so the croquettes will be creamy inside. There are a few general rules for the seasoning of croquettes. For chicken and sweetbread, use celery salt, a dash of cayenne, lemon juice, onion juice and finely chopped parsley or a grating of nutmeg. Sometimes one-third of a cup of mushrooms is added to one and a third cups of chicken when an extra delicious croquette is required. For lobster croquettes use cayenne, lemon juice and mustard, and for cutlets, cayenne, nutmeg, lemon and parsley. The egging and crumbing of croquettes must be very carefully done or there will be failures. If a bare spot is left, the croquettes will soak fat or crack open. Lift the mixture in a tablespoon. It prevents unevenness in size and getting the hands sticky. A tablespoon slightly rounded makes a good-sized croquette. Cover a bread board with finely sifted bread crumbs, in this toss the croquette until dry, then lay in a soup plate holding a beaten egg to which has been added a tablespoon of water. With a spoon pour the egg well over the croquette. Lift it on a fork, holding it for a few moments until all superfluous egg runs away, then roll in the crumbs again and shape.

Croquettes may take all sorts of forms. They may be cylinder-shaped and flat at each end, or like small nests, marked on top in three places with the knife blade to represent tiny French loaves, pear-shaped, like dumpy pyramids, pointed at both ends as cecils are rolled, or in cutlets, with a few inches

of macaroni stuck in at the small end to represent a chop bone. When thoroughly crumbed lay them in a wire basket and fry till slightly browned in hot fat. Drain on brown paper and serve on a hot plate. Garnish with parsley.

There are various "don'ts" to be remembered about croquettes. Don't put them in till the fat is hot enough; if you do, they will break open. Don't fry more than three at a time. Don't make them too large. Croquettes are invariably made of food which has been once cooked, so they need only heat enough to warm the mixture to the heart; if too large they will brown overmuch or have a cold spot inside. Don't fry croquettes in a draft; they will split open; always reheat the fat before frying.

IX

Beef

Left-over Soup	Beef Hash
Beef Stew	Review of Reviews
Curried Beef	German Meat Cakes
Meat Minced with	Force meat Balls for Soup
Poached Eggs	Cecils
Grilled Slices with Creole	Force meat Cakes
Sauce	Papas Rellenas
Beef in Brown Sauce	The Remains of a Boiled
Deviled Beef	Dinner
Mock Terrapin	Pressed Meat
Roast Beef Pillau	Beef Loaf
Bubble and Squeak	Corned Beef Sandwiches
Beef Fricassee	Curry Sandwiches
Beef Ragout with Tomato	Tongue Sandwiches
Scalloped Beef	Potted Meat
Tomatoed Beef	Potted Tongue
Dried Beef in Ramekins	Left-over Salad
Creamed Corned Beef au	Roast Beef Salad
Gratin	Beef Rissoles
Beef Ramekins	Tomato and Beef Salad
Stuffed Tomatoes	Corned Beef Salad
Fatherland Farm Meat	Beefsteak Salad
Loaf	Bouilli Salad

A ROAST of meat goes on the table in some households day after day in the same style, with the carver doing his best at each meal to leave it as slightly as possible. Its last appearance

is calculated to take away the appetite of an entire family.

The careful housewife, whose aim is economy and a healthful, attractive table, on the second day studies the cold roast with a keen eye. It comes from the refrigerator on a clean plate, and with it a bowl of brown gravy to which had been added every drop of the meat juices left in the platter on which the roast was served. Probably for luncheon she plans cold meat, cut in neat slices from the choicest bits of the roast, rare slices and well done, to appeal to various tastes. The meat is not cut until almost ready to put on the table. It is nicely arranged on a small platter with a garnishing of parsley, cress or cubes of aspic. She does not reheat the gravy to serve on cold plates. Worcestershire, tomato or some cold homemade sauce makes a more fitting accompaniment. Then she carves the roast and plans for future meals. The tough outside pieces are laid away to be chopped, the fat to be rendered down for drippings, the tender bits of the meat to be deviled, used for a pie, ragout, or warmed up in the gravy, while the bones and gristle go to the soup kettle. Not a morsel of the meat is wasted in such a kitchen, and the daintily served, appetizing meals that follow the roast at intervals do not hint to the uninitiated of rechauffes.

To make warmed-up meats appetizing, there are various commodities which ought to always occupy a place in the pantry. Have a small jar of onion butter, a bottle of caramel, a glass can filled with browned flour, a jar of finely rolled bread crumbs, Worcestershire sauce, celery salt, mace, bay leaves, a bottle of Oscar sauce, tabasco, cayenne, curry, catsup, canned mushrooms, paprika, kitchen bouquet and horse-radish. The secret of appetizing food is good

flavoring, and a frequent varying of flavor has more to do with a tempting table than a large butcher bill.

The Soup Pot

in an average-sized family needs small replenishing of fresh meat. The bones, gristle, skin and small left-overs of gravy from roasts and stews, the carcasses of chicken and turkey, the fag-ends of steaks, the trimmings from chops and small raw bones from odd meats are generally enough to afford plenty of stock for soup at least four days of the week. The soups of intervening days for the sake of variety ought to be fish and vegetable soups, such as do not require stock.

In this way the first course for the dinner can really be had at almost no expense, as the bones would otherwise be thrown away. I do not approve of a soup pot doing a continuous performance on the back of the stove from Monday to Saturday. It is too handy for all sorts of fag-ends to be thrown in without being critically looked over, besides the stock which is constantly at the boil, or very near it, does not extract the nourishment from meat and bones that cold water does. If you would have finely-flavored, good-colored soup, save all the scraps and keep in a scrupulously clean jar in the refrigerator. Make the soup twice a week, three times, if the weather is too hot for the meat remains to keep, or if they accumulate very fast. Never add a morsel of anything that has the slightest taint; it will spoil the whole potful. Break the bones thoroughly. If you would extract all the flavor from bits of meat, put them through a chopper. With a skewer pick the marrow from the bones. Lay the bones at the bottom of the pot.

If there are any left-overs in the refrigerator of vegetables of good flavor, such as onions, celery, tomatoes, carrots, parsnips or peas, chop fine and add, but do not put in too much of one thing; it will give too strong a flavor to the soup. If there are no left-over vegetables on hand, chop one-half cup each of carrot, turnip and celery and add for flavoring, with one-half teaspoon of peppercorns, one bay leaf, sprig of parsley, six cloves and one chopped onion. Do not add salt till the stock is half cooked.

Cover the bones with cold water and set far back on the stove where it will come to the boil very slowly. Let it simmer for five or six hours, then strain through a very fine sieve and allow it to cool as quickly as possible. Do not remove the cake of fat from the top of the soup until you are ready to use it, then run a thin knife around the edge to loosen it. Cut into quarters and lift each piece carefully. If there are any grains of fat left on the top of the jellied stock, dampen a bit of cheesecloth and carefully wipe over the top. Floating globules of grease will ruin the finest-flavored soup.

For an everyday family soup in which nourishment is the first consideration, it does not require clearing. In the sediment there is considerable nutriment. If it is to be cleared, set the strained, skimmed soup over the fire, mix with the white and crushed shell of one egg, a dash of celery seed, the chopped rind and juice of half a lemon, and pepper and salt if required. Mix thoroughly, heat and boil ten minutes. Just before taking from the fire, pour in half a cup of cold water. Pour through the finest strainer and heat again to the boiling point before using. Clear soup with some small addition can be used in fifty different ways.

LEFT-OVER SOUP

4 quarts cold water
Bones and trimmings
2 onions
1 turnip
2 carrots
1 cup gravy
1 tablespoon celery seed
1 sprig parsley
5 cloves
2 blades mace
6 peppercorns
1 tablespoon salt

Put all the remains,—there ought to be about four quarts of left-overs for this soup,—into the cold water. Chop the vegetables fine, add the herbs, seasoning and any gravy left-overs. Set the kettle over a very slow fire and allow the soup to come to the boil. Let it simmer slowly for six hours, removing all scum that rises. Strain it through a fine sieve and let the stock stand over night before using.

BEEF STEW

1 carrot
4 potatoes
2 cups brown stock
1 teaspoon onion butter
1½ cups cold beef
2 cloves
3 tablespoons cold rice
Pepper and salt

Cook in boiling water the carrot, cut in quarters, and the potatoes cut in slices one inch thick. Strain the water from them when parboiled. In a saucepan put the stock, onion butter, the beef cut in slices, cloves, the carrot and potatoes, cold rice and pepper

and salt. Allow it to simmer very slowly until the potato and carrot are tender. This makes a very savory stew.

CURRIED BEEF

- 1 tablespoon butter
- 1 tablespoon minced onion
- 1 teaspoon curry powder
- 2 cups brown stock
- $\frac{1}{2}$ teaspoon salt
- 1 cup cold roast beef

Into an iron spider put the butter and onion. Let it brown, then add the curry powder. Cook slowly for a few minutes, pour in the stock and half a teaspoon of salt. Let it simmer until reduced to a cup of liquor. Add the roast beef cut in inch cubes. Serve in a deep platter with a border of boiled rice.

MEAT MINCED WITH POACHED EGGS

- 2 cups cold meat
- 1 cup gravy or stock
- Pepper
- Salt
- 1 teaspoon onion butter

Chop a pint of meat coarsely, season it well, heat in a cup of left-over gravy or stock. Do not allow it to boil, merely to come to a simmer. Serve on diamonds of toast with a poached egg on top of each slice.

GRILLED SLICES WITH CREOLE SAUCE

Cut from roast beef six slices of the rarest meat, broil for five minutes over a clear fire, put on a hot plate and serve with a sauce made as follows: In a saucepan put two tablespoons of butter, two tablespoons of chopped onion and one tablespoon of chopped green pepper. Fry to a light brown, stirring

constantly. Add two tablespoons of flour and stir to a paste; then put in a pint of brown stock, two teaspoons of Worcestershire sauce, a teaspoon of dry mustard and two teaspoons of vinegar. Salt and pepper to taste. Cook over a slow fire, beating the sauce with a whisk till smooth. Add at the last a teaspoon of chopped parsley and a quarter of a can of mushrooms cut in halves. Let the sauce come to a boil, then pour over the grilled meat. Serve with French fried potatoes.

BEEF IN BROWN SAUCE

Prepare a cup of brown sauce as follows: Cook one tablespoon of butter, one teaspoon of scraped onion and one tablespoon of flour until brown. Add one cup of brown stock and beat it smooth with a whisk. Season with pepper and salt. Add one cup of cold roast beef and one cup of cold potatoes cut in inch dice. Let it come to a boil and serve surrounded by toast points.

DEVILED BEEF

Take slices of rare roast beef and spread with butter on each side, as if you were buttering bread. Spread over this a mustard made by mixing a tablespoon of vinegar with three tablespoons of mustard and a dash of salt and pepper. Lay on a smoking hot iron spider and fry till the slices begin to curl over.

MOCK TERRAPIN

- 6 hard-boiled eggs
- 2 cups brown stock
- 4 cups cold beef
- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{3}{4}$ cup sherry or cider

Put the butter and flour in a small saucepan and when well blended pour in the soup, beat till quite

smooth. Let it just come to the boil, then add the meat cut in inch pieces and draw to a cooler place on the stove where it can simmer for half an hour. If you cannot watch it, pour it into a double boiler, for the success of this dish depends on the steeping of the meat at just below boiling point for a half hour. Season with salt, pepper and the sherry when the dish is ready to take from the fire. Boil six eggs till quite hard and lay in cold water to make the shells come off easily. Pour the mock terrapin on a large platter, garnish with slices of eggs, split gherkins and points of lemon.

ROAST BEEF PILLAU

Cook for five minutes in a saucepan one tablespoon of butter and a small onion chopped fine. Before it begins to brown, add two cups of cold beef cut into fine dice, seasoned with half a teaspoon of salt and a quarter of a teaspoon of pepper. Allow it to cook very slowly for ten minutes. While it is cooking, cover half a cup of washed rice with cold water and set it over the fire to boil. When it has cooked for five minutes, drain it out into a fine strainer and let cold water run through it till every grain separates. Add the rice to the beef, pour over it a cup and a half of canned tomatoes. Pour in a cup of boiling water and cook slowly till the rice is perfectly soft.

BUBBLE AND SQUEAK

- 4 cups cold corned beef or beef left from
a pot roast
- 3 tablespoons butter
- 2 cups cold boiled cabbage
- Salt and pepper

Cut the cold meat into small strips and saute them in a tablespoon of butter. Chop the cabbage and

two tablespoons of butter in an omelet pan. Pepper and salt it and stir over the fire till it begins to brown. Arrange it on a hot platter as a border and into the middle put the hot meat. Serve with boiled potatoes.

BEEF FRICASSEE

3 cups cold beef cut in thin slices
2 cups brown stock
3 tablespoons butter
2 tablespoons flour
 $\frac{1}{2}$ teaspoon pepper
1 teaspoon onion butter
1 teaspoon salt

Season the meat with pepper and salt. Melt the butter in a spider, add the flour and stir to a brown paste. Pour in the stock and beat smooth with a wire whisk. Season with the pepper, salt and onion butter and allow it to cook for ten minutes. Add the cold meat, simmer for a few minutes and serve on a deep platter with a border of rice, mashed potatoes or points of toast.

BEEF RAGOUT WITH TOMATO

3 cups cold roast beef
 $1\frac{1}{2}$ cups steamed tomato pulp
1 tablespoon butter
1 teaspoon onion juice
Salt and pepper

Cut the cold beef into half-inch cubes, cook the tomato half an hour and push through a sieve. Reheat the tomato, adding the butter and seasonings, at the last the beef. Let it simply heat, not boil, then serve.

SCALLOPED BEEF

Cut the meat from a roast into small thin pieces, remove the skin and fat. Pepper and salt the pieces.

Butter a shallow dish, put in a layer of stale bread crumbs, then a layer of meat, next a layer of cold macaroni, then a cup of cold tomato or white sauce, next meat, next tomato, and last of all a layer of buttered dried crumbs. Bake till the top is rich brown.

TOMATOED BEEF.

Sprinkle small pieces of beef cut from the remains of a roast, with salt, pepper and flour. Put a layer of the meat in a baking dish, over it put a layer of canned tomatoes or sliced fresh tomatoes. Scatter bits of butter over it. Cover with a layer of beef, then tomato. Make the top layer of buttered crumbs. Bake slowly for one hour.

DRIED BEEF IN RAMEKINS

- 1½ cups cold creamed dried beef
- 1 cup cold mashed potato
- ½ cup buttered bread crumbs

Put a tablespoon of the creamed dried beef in ramekin dishes and cover with a spoonful of mashed potato. Cover lightly with buttered crumbs. Bake till the top is a delicate brown.

CREAMED CORNED BEEF AU GRATIN

- 2 tablespoons flour
- 2 tablespoons butter
- 1 cup milk
- 1 sliced onion
- 1 stalk chopped celery
- Pepper
- 2 cups cold corned beef
- ½ cup buttered cracker crumbs

Put the celery cut into inch lengths and the onion in the milk and scald in a double boiler. Strain when boiling and convert the milk into a white sauce with

the butter and flour. When thick, add the corned beef cut into small neat cubes and a dash of pepper. Pour into a shallow dish, cover with buttered cracker crumbs and brown. Garnish with the blanched leaves of celery.

BEEF RAMEKINS

- 2 cups chopped beef
- 2 cups stale bread crumbs
- Pepper and salt
- 2 tablespoons melted butter
- $\frac{1}{2}$ cup milk

Moisten the meat and crumbs with the butter and milk. Stir the mixture perfectly smooth, cook in a double boiler and line ramekin dishes with the mixture about an inch thick. Drop into each an egg, dust with pepper and salt. Put a morsel of butter on top of each and bake until the egg is firm.

STUFFED TOMATOES

- 1 cup chopped raw meat
- $\frac{1}{2}$ tablespoon onion
- $\frac{1}{2}$ tablespoon chopped parsley
- 6 finely chopped almonds
- $\frac{1}{2}$ teaspoon salt
- Pepper
- 8 large tomatoes

The tough end of a sirloin steak is frequently a problem. Put it through the meat chopper; a small sirloin will generally yield about a cup of this raw meat. Add to it the onion, seasonings, nuts and parsley and moisten it with a tablespoon of melted butter. From eight large solid tomatoes cut a thin slice from the stem end. With a teaspoon scoop out a little of the pulpy portion and fill in each with the meat mixture. Set the tomatoes not too closely together in a baking pan and baste with half a cup of

boiling water and a tablespoon of butter. When you take the tomatoes from the oven, set on a hot platter, garnish with bits of water cress and sprinkle with a few drops of lemon juice.

FATHERLAND FARM MEAT LOAF

Butter a long narrow cake tin and line it with cold mashed potatoes, smoothing it with a spatula into a layer about an inch thick. Inside this put a filling of roast beef, chopped rather coarsely, seasoned with pepper, salt and a few drops of onion juice, and moistened with gravy. Smooth this filling till within one inch of the top of the tin, and cover with mashed potato. Bake in a hot oven for half an hour and turn out on a long platter. It will look like a finely crusted loaf, and may be cut in neat slices. This makes a delicious luncheon or tea dish.

BEEF HASH

Use for beef hash the tough skirt part of the roast thoroughly freed from fat and gristle. Chop and mix one cup of meat with two cups of chopped potatoes. In an iron spider put two tablespoons of butter and half a cup of stock, or a spoonful of gravy added to enough hot water to half fill the cup. Let it boil up, then add the meat and potato well seasoned with pepper and salt. Stir occasionally with a fork. Let the water evaporate from the hash, leaving it dry but not pasty.

REVIEW OF REVIEWS

If you should happen to have some hash left, do not throw it away. It makes an excellent dish re-served for breakfast. Flour your hands slightly and mold the hash into flat round cakes about as large as a biscuit cutter would make. Fry in hot butter till

both sides are crisp and brown, then serve with a poached egg on top of each cake and a garnishing of toast points.

GERMAN MEAT CAKES

2 cups chopped meat
1 chopped onion
1 egg
Salt
Pepper
Mustard
2 tablespoons butter

Mix the chopped meat, a small onion chopped fine, the egg slightly beaten, salt, pepper and mustard to taste and mold into little flat cakes. Fry in butter in an iron spider till light brown on each side.

FORCEMEAT BALLS FOR SOUP

1 cup cold chopped meat
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon powdered thyme
 $\frac{1}{4}$ teaspoon paprika
1 teaspoon chopped parsley
1 teaspoon lemon juice
 $\frac{1}{4}$ teaspoon onion juice

Add the seasonings to the chopped meat and moisten with a tablespoon of beaten egg. Roll into balls the size of a hickory nut and brown in hot butter in a spider, shaking them about till crisp on every side.

CECILS

Melt one tablespoon of butter in a granite saucepan and add to it two tablespoons of soft bread crumbs. Take it from the fire, mix with it one cup of chopped rare roast beef seasoned with salt, pepper, a teaspoon of onion butter, a dash of Worcestershire sauce and a teaspoon of chopped parsley. Mix with the yolk of an egg slightly beaten and shape in very small cro-

quettes. Flour, egg and crumb and fry in deep fat. Serve with tomato sauce, to which has been added a few drops of tabasco.

FORCEMEAT CAKES

- 2 cups finely chopped meat
- 1 cup milk
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 tablespoons butter
- 1 egg
- 2 cups stale bread crumbs
- 1 cup dried bread crumbs

Put the milk and stale bread in a double boiler and cook for ten minutes. Then remove from the fire and mash very fine with the back of a spoon. Add the butter, meat and seasoning. Shape the mixture into small flat cakes. Beat an egg, add to it two tablespoons of cold water and in this egg the forcemeat cakes. Then dip into dried bread crumbs. Put the cakes in a frying basket and fry brown in deep lard. Serve hot.

PAPAS RELLENAS

A Favorite Cuban Dish

- 5 large potatoes
- 1 cup cold roast beef
- 1 tablespoon butter
- 2 tablespoons cooked tomato
- 2 eggs
- 1 tablespoon flour
- 3 olives
- Pepper, salt, cayenne

Boil the potatoes, pare and cut in halves lengthwise. Scoop out the inside with a spoon, leaving the potato shell about one-half an inch thick. Make a "piccadillo" to stuff them with. Chop very fine the

beef, put it in a spider with the butter and tomato. Cook till the mixture begins to look dry, add one well-beaten egg, a dust of cayenne, salt and pepper enough for seasoning and three olives finely chopped. Stuff the potato halves with this mixture. Beat one egg light, add one tablespoon of flour and in this batter dip the half potatoes. Fry in boiling lard as you would croquettes.

THE REMAINS OF A BOILED DINNER

Winter squash can be served in a pie, sifting and seasoning it as if boiled for the purpose. Cold cabbage may be put into hot spiced vinegar, served cold with vinegar, or heated with a little butter and pepper, salt if needed, and just a suspicion of vinegar. Cut it fine, heat thoroughly and serve very hot. Beets make good pickles. Turnips, carrots and parsnips can all be warmed up. A favorite dish with many people is "red flannel hash," plain hash containing a little chopped beet. Look over the meat, cutting out all the gristle and soft fat. Chop it fine with some of the hard fat. Mince potatoes which have been boiled in the pot liquor. Use three times as much potato as meat. Chop with the potato a small quantity of the cabbage and some of the beets. For two quarts of potato use half a pint of cabbage and one large beet. Mingle thoroughly with the meat. Pour some milk into a frying pan and turn in the hash, using enough to moisten thoroughly. Add two tablespoons of butter and season with pepper and salt if necessary. Be sure it is heated through. Serve with brown bread and pickles.—H. Annette Poole.

PRESSED MEAT

2 cups cold roast beef
 $\frac{1}{2}$ teaspoon allspice

- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{2}$ teaspoon salt
- Mace
- Pepper
- 2 teaspoons gelatine
- 3 tablespoons cold water
- $\frac{1}{2}$ cup boiling stock

Cut the beef in a meat chopper with the largest knife. Season with allspice, cinnamon, cloves, salt,



PRESSED MEAT WITH CUCUMBER GARNISH

a dust of mace and black pepper. Dissolve the gelatine in boiling brown stock. Mix the meat with the liquid and press it into a pint mold. Cover and set in a cold place for several hours to jelly. Serve on a platter, garnish with slices of cucumber or parsley and cut in neat slices.

BEEF LOAF

- 2 cups chopped cold beef
- 2 tablespoons chopped ham
- 1 cup stale bread crumbs
- Pepper
- Salt
- 1 teaspoon minced parsley
- 1 tablespoon onion juice
- 1 egg
- $\frac{1}{2}$ cup milk

Take the finely chopped cold roast beef, chopped ham and stale bread crumbs, season highly with salt and pepper, chopped parsley and onion juice. Mix a beaten egg with half a cup of milk and moisten the dry ingredients. It may require more milk; the quantity depends somewhat on the dryness of the bread. Make the mixture so it will stick together well. Take a square of stout white paper and butter it thoroughly. Put the beef into it, shaping it in a square as if the paper held a small cream loaf. Fold the paper neatly over at each end so that the weight of the meat will keep it in place without tying. Put the parcel in a baking pan and set it in a hot oven for half an hour. Carefully remove the paper when baked and set the brown crusty loaf on a hot platter. Pour a tomato sauce over it, or serve with horse-radish cream sauce.

CORNEB BEEF SANDWICHES

- $\frac{3}{4}$ cup chopped corned meat
- $\frac{1}{4}$ cup fat meat
- 1 tablespoon butter
- Salt, pepper and mustard

Chop corned beef very fine. To the meat add the fat chopped, a tablespoon of softened butter, and season to taste with salt, pepper and mustard. Mix it to a paste and spread between folds of brown or

white bread. Minced roast beef may be used instead of corned beef.

CURRY SANDWICHES

- 1 tablespoon curry powder
- 2 tablespoons butter

Mix the curry with the butter till it is like a cream. Spread it on slices of bread and between lay thin slices of roast beef. If the beef you wish to utilize is in such small scraps it cannot be used for sandwiches, chop it fine and spread between the butter folds.

TONGUE SANDWICHES

- 1 cup finely chopped tongue
- 1 teaspoon made mustard
- 1 tablespoon soft butter
- $\frac{1}{4}$ teaspoon paprika
- Yolk 1 hard-boiled egg
- Juice $\frac{1}{2}$ lemon
- Dash nutmeg

Chop the tongue very fine, mix thoroughly with the other ingredients. Spread between thin slices of bread.

POTTED MEAT

- 2 cups cold beefsteak
- 2 anchovies
- Salt and pepper
- Cloves and allspice
- $\frac{1}{2}$ teacup water
- 1 tablespoon butter
- 1 cup stock

Cut the meat fine and put it in a jar with one-half teaspoon of salt, one-fourth teaspoon of pepper, the same of allspice, and a pinch of ground cloves; remove the bones from the anchovies and add them;

put a cover on the jar and set it in the oven for one and a half hours. Take it out and pound the whole in the mortar and press it into jars. Clarify the butter, run it over the top of the meat and put aside to get cold. Potted tongue and potted meat make excellent sandwich fillings.

POTTED TONGUE

Root of a tongue
4 tablespoons butter
Cayenne and nutmeg
 $\frac{1}{3}$ cup cold roast beef
Pepper and salt

The root of a tongue can be utilized in this way—remove the hard outside, also the under side and gristly parts; chop it fine; to the tongue add the roast beef, chop and pound both, adding the butter, cayenne, and a pinch of nutmeg; add salt if necessary. Press into pots, run some clarified butter over it; it will keep any length of time.—Miss Margaret Bailey.

LEFT-OVER SALAD

Take cold roast beef, veal or lamb, almost any cold meat, cut in small pieces, mix with shredded lettuce and a little finely minced onion. Mix with enough salad dressing to moisten thoroughly. Heap on a platter and surround with the prettiest lettuce leaves you have. Put a tuft of the blanched leaves in the center. Lay sliced hard-boiled eggs around the base, between the meat and the lettuce. Serve with white bread and butter.—H. Annette Poole.

ROAST BEEF SALAD

2 cups roast beef
Paprika
Salt
1 tablespoon tomato catsup
1 tablespoon onion juice

Cold roast beef makes an excellent salad. Choose for this dish the well-done parts of the meat and cut into inch dice. Over the meat sprinkle a dash of paprika, tomato catsup and onion juice. Let it stand for two hours in a cool place. Mix lightly with a mayonnaise and serve on lettuce leaves. Garnish the platter with slices of tomatoes.

BEEF RISSOLES

Roll pie crust as thin as you can make it and cut into rounds with a large biscuit cutter. Mince cold beef or steak, season with pepper, salt and paprika and moisten with stock or gravy to make the meat stick together. Put a spoonful of this mixture into each round of paste, brush the edges with beaten egg and lay on another round of paste, pinching the edges together carefully that not a particle of the meat may escape. Brush egg over the outside and fry like doughnuts in deep lard. They will take about eight minutes to brown enough. Drain on thick paper and serve hot in a folded napkin.

TOMATO AND BEEF SALAD

1½ cups cold boiled beef
1 cup vinegar
Salt and pepper
2 cups tomatoes
1 teaspoon chives

Cut into inch pieces cold lean beef left from a pot roast. Sprinkle with pepper and salt, and pour the vinegar over it to marinate for half an hour. When ready to serve, arrange in a salad bowl a layer of sliced ripe tomatoes, cover with a layer of beef, sprinkling with chopped chives. Cover with the tomato and pour over it a French dressing.

CORNED BEEF SALAD

- 2 cups cold corned beef
- $\frac{3}{4}$ cup cold boiled potato
- $\frac{1}{2}$ cup cold beets
- $\frac{1}{2}$ cup chopped cress
- 2 teaspoons horse-radish

Cut the beef into strips an inch long, and the potato and beet into neat half-inch cubes. Shred the cress very fine. Toss lightly together. Sprinkle with the grated horse-radish. Cover with French dressing. Garnish the edge of the salad bowl with water cress.

BEEFSTEAK SALAD

- 2 cups cold beefsteak
- 2 cups water cress
- $\frac{1}{2}$ teaspoonful onion juice
- $\frac{1}{2}$ cup green peas

Cut the steak into half-inch cubes. Toss with the shredded water cress and peas. Season with the onion juice and cover with a French dressing.

BOUILLI SALAD

- 1 cup cold soup meat
- 1 cup cold boiled potatoes
- 1 tablespoon chopped parsley
- Dash onion juice

Cut the meat and potatoes into neat pieces. Mix with the parsley and a dash of onion juice. Pour over it French dressing. Any cold boiled vegetables may be used for garnishing.

X

Cold Veal

Kentucky Croquettes	Veal in Omelet
Nut Balls	Veal in Tomato Sauce
Windermere Croquettes	Veal Casserole
Calves' Liver Terrapin, with Mushrooms	Veal Sandwiches
	Veal and Lettuce Salad

VEAL is the flesh of an immature creature and it should be remembered that it will not keep fresh as long as that of an older animal. A left-over of beef may be left for a day or two before serving again. It is better to see to the condition of veal twenty-four hours after cooking, especially in hot weather, and serve it as soon as convenient. Veal is a meat of but little flavor, and requires considerable seasoning, besides the richness of fat pork or butter added in the cooking. Brown sauce is the general accompaniment to veal at the first cooking. Save every spoonful of the sauce to use with it when warming over. If there is no brown sauce, white sauce may take its place.

Veal makes an excellent ragout, seasoned with onion juice and cayenne, minced and poured on toast for breakfast; in a salad or croquettes, it tastes very much like chicken. Add to it a few mushrooms and two or three spoonfuls of left-over sweetbreads, and you have most delicious rissoles. It is excellent combined with oysters in a scallop. When preparing it for a salad, be careful to reject all morsels of gristle

as well as brown or hard meat. One-half measure each of cold veal and finely chopped white cabbage is delicious with a horse-radish dressing. Marinate for two hours, else you will find the salad a tasteless one.

KENTUCKY CROQUETTES

2 cups cold chopped veal
1 cup calf's brains
1 cup mashed potatoes
 $\frac{1}{4}$ teaspoon onion juice
1 egg
1 teaspoon salt
Pepper
Celery seed
Paprika

Chop the veal, skin and boil the brains ten minutes, mix with the potatoes, dust in the seasoning and moisten with one well-beaten egg. If too dry, add a few tablespoons of stock or milk. Cool, shape into croquettes, flour, egg, crumb and fry in deep fat.

NUT BALLS

1 cup cold chopped veal
12 chopped blanched almonds
 $\frac{1}{2}$ teaspoon salt
1 egg
Pepper
Paprika
1 cup tomato sauce

Mix the meat, almonds and seasoning and moisten with the well-beaten egg. Roll into balls the size of a walnut and set them in a baking pan. Pour over them a cup of hot tomato sauce. Cook in a hot oven for twenty minutes. Serve in a small deep platter garnished with water cress.

WINDERMERE CROQUETTES

1½ cups milk
 1½ tablespoons butter
 3 tablespoons flour
 1 teaspoon salt
 Dash cayenne
 2 cups cold chopped lamb
 1 tablespoon chopped parsley
 ½ cup cold rice
 Yolks 3 hard-boiled eggs

Make a white sauce from the milk, flour, butter and seasonings. To one cup of the sauce add the chopped meat and parsley. Spread on a plate to cool. Into the half cup of sauce beat the rice and the yolks of the eggs pushed through a potato ricer. Spread on a plate to cool. Take a heaping tablespoon of the meat mixture and flatten into a cake. Inside this put a teaspoon of the rice mixture rolled into a tiny ball. Wrap the meat around it till covered. Roll in flour, egg, crumbs and dry in deep fat. Pile cannon-ball fashion on a platter. Garnish with parsley.—Miss Mary Kendall.

CALVES' LIVER TERRAPIN WITH MUSHROOMS

2 cups cold liver
 1 cup stock
 2 tablespoons butter
 3 eggs
 ¼ teaspoon salt
 ¼ teaspoon paprika
 ¼ teaspoon kitchen bouquet
 ½ teaspoon mustard
 2 drops tabasco sauce
 1 cup mushrooms
 2 truffles
 3 tablespoons Madeira

Boil the eggs hard. Rub the yolks smooth with the butter, salt, paprika, kitchen bouquet, mustard and tabasco sauce. Add the liver cut in small pieces and the stock. Let it cook five minutes, add the mushrooms and truffles, Madeira, and serve garnished with the whites of eggs cut into rings.

VEAL IN OMELET

If you have a cup of cold roast veal left over, chop it fine, season with pepper, salt and a dash of paprika and tuck it between the folds of an omelet. Pour over it before sending to the table a cup of hot, well-seasoned tomato sauce.

VEAL IN TOMATO SAUCE

Put into a spider two tablespoons of butter, two tablespoons of flour and cook to a paste. Add three tablespoons of pomodoro (Italian tomato paste) and a pint of veal stock, with salt, cayenne and pepper to taste. Beat with a whisk till creamy, then add cold roast veal cut into finger lengths.

VEAL CASSEROLE

- 2 cups cold rice
- 1 tablespoon butter
- 2 tablespoons cream
- 1½ cups chopped veal

Put the rice in a double boiler and as it heats add the butter and cream and a little salt, if it is not already seasoned. When hot and soft, line a casserole with it, making a wall an inch thick. Inside put the chopped veal well seasoned with salt, paprika and celery salt. Cover with an inch thick layer of rice, stand in a pan of boiling water. Set in the oven and cook for half an hour. Serve with tomato or cream sauce.

VEAL SANDWICHES

Take remnants of cold veal and put it through a meat cutter, using the finest knife. Mix with a mayonnaise dressing, season highly with pepper, salt and mustard and spread like a paste between slices of bread from which the crust has been trimmed.

VEAL AND LETTUCE SALAD

2 cups cold chopped veal

1 head lettuce

2 hard-boiled eggs

Salt and pepper

Season the veal with pepper and salt. Shred the lettuce fine with scissors and chop the eggs. Toss together. Serve in a nest of lettuce leaves and pour the mayonnaise over it. Garnish with olives cut in small pieces. This salad may be made in the same way by using instead of lettuce, finely chopped cold potatoes. Garnish with slices of cold boiled egg.

XI

Cold Lamb

Potatoes	with	Lamb	Lamb Rissoles
Stuffing			Lamb and Rice Cro-
Mound of Lamb	with	quettes	
Peas			Lamb Cutlets
Lamb in Savory Sauce			Lamb and Lettuce Salad
		Lamb Salad	

LAMB can be used in nearly every recipe given for beef. It is especially good for croquettes and makes a savory stew. Save every drop of gravy or liquid from the platter when setting a roast of lamb away. It requires all the enriching it can have and always plenty of seasoning.

POTATOES WITH LAMB STUFFING

8 large baked potatoes
 1 cup cold chopped lamb
 4 tablespoons chopped ham
 ½ cup thin white sauce
 2 tablespoons cream
 White 1 egg
 Salt and pepper

Bake eight large, perfect potatoes. While they are cooking, chop the lamb and ham, mix lightly together, add the seasonings and moisten with the white sauce. When the potatoes are soft, cut a thin slice from the end of each and scoop out the inside. Put it at once through a potato ricer and set away to

keep warm. Fill the potato skins almost to the top with the meat mixture. Add to a cup of the mashed potato the cream and beaten white of the egg. Pepper and salt, and on the top of each potato put a spoonful, leaving it in a small, rocky mound. Bake till the top is a delicate brown. Serve the potatoes piled on their ends in a shallow dish, with a plentiful garnish of parsley.



MOUND OF LAMB WITH PEAS

MOUND OF LAMB WITH PEAS

- 2 cups cold chopped lamb
- 1 small onion
- 1 cup cold potatoes
- Pepper and salt
- 3 tablespoons stock
- $\frac{3}{4}$ cup buttered crumbs
- 1 cup green peas

Mix lightly with a fork the chopped meat, potato, onion and seasonings. Heap it in a mound in the mid-

dle of a shallow baking dish. Cover with buttered crumbs and bake till brown. When ready to serve pour around it a cup of green peas well drained and seasoned.

LAMB IN SAVORY SAUCE

1½ cups cold lamb
4 tablespoons butter
1 tablespoon flour
½ onion
1 cup gravy or brown stock
2 cucumber pickles
Pepper, salt, cayenne

Into a granite saucepan put the butter, onion and flour and rub to a paste. When it grows light brown, add the gravy or stock, salt and pepper it and allow it to simmer for ten minutes. Cut the pickles in small pieces, add these to the sauce and the lamb cut in neat slices. Let it heat through, then serve in a deep platter surrounded by a ring of hot boiled rice or mashed potato.

LAMB RISsoles

1 cup cold chopped lamb
1 tablespoon minced parsley
½ teacup cold mashed potato
2 tablespoons butter
1 cold onion
4 tablespoons flour
1 tablespoon Worcestershire sauce
1 tablespoon catsup
1 cup brown stock
Pepper, salt, paprika
1 egg

Mix lightly with a fork the meat, potato, parsley, chopped onion, pepper and salt. Make a thick sauce from the butter, flour and stock, seasoning it with the

catsup and Worcestershire sauce. When it is cooked stir in the meat mixture and the well-beaten egg. Turn it on a plate to cool. Roll into balls the size of a small egg. Flour, egg, crumb and fry in deep fat. Serve in a deep platter with a border of mashed potato. Pour a cup of brown sauce over the rissoles and sprinkle the top with cut parsley.

LAMB AND RICE CROQUETTES

2 cups chopped lamb
1 cup cold rice
1 tablespoon lemon juice
1 tablespoon chopped parsley
Pepper and salt
1 cup white sauce

Mix the lamb and rice with the seasonings and stir into a hot, thick white sauce. Set to cool. Roll into cone-shaped croquettes. Flour, egg and crumb. Fry in deep fat. Garnish with parsley.

LAMB CUTLETS

Cut the remains from cold loin or neck of lamb into small cutlets, trim off all the fat, season with pepper and salt, flour, egg, crumb and fry in hot fat till very delicately browned. Arrange them neatly on a hot platter and pour over them hot tomato sauce.

LAMB AND LETTUCE SALAD

1 large head lettuce
1 cup cold lamb cut in cubes
6 large capers chopped
1 teaspoon chopped mint
4 tablespoons French dressing

For the French dressing take three tablespoons of olive oil, one tablespoon of vinegar, one-half teaspoon of salt, one-fourth teaspoon of pepper and one-fourth teaspoon of onion juice. Shred the lettuce,

leaving enough whole to make a nest for the salad. Mix the lettuce, lamb, capers and mint and marinate with the dressing for an hour or two.

LAMB SALAD

- 2 cups cold roast lamb
- 1 cup cold boiled potatoes
- 2 cups beets
- 2 cucumber pickles

Cut the lamb and potato into neat cubes, the beets into small morsels. Arrange in a nest of lettuce. Mix the meat and potato and sprinkle with the chopped beets. Dress with mayonnaise in which onion juice takes the place of mustard. Garnish the mayonnaise with finely chopped pickle.

XII

Pork and Ham

Minced Ham on Toast	Pork Cutlets
Ham Griddlecakes	Scotch Eggs
Ham Balls	Ham and Potato Cro-
Ham Toast	quettes
Shredded Ham	Ham Cecils
Ham Canapes	Ham Sandwiches
Royal Scallop	Ham Salad
Ham and Potato Pie	Sausage Salad
Block Island Croquettes	Pork Salad

EVERY cook book has at least a few recipes telling what to do with cold beef, lamb, veal and poultry. Pork left-overs are left to the imagination of the perplexed cook, and the result is generally cold pork till the end of the chapter. There are all sorts of agreeable methods for using this meat.

Cold pork is, in the esteem of some persons, better than when hot. Serve it in neatly cut slices for tea or luncheon at the second meal, then take stock of the remains and look to the future. Roast pork bones make an excellent brown stock, almost as rich as that from roast beef. Trim the scraps from the bones and consign them to the soup kettle. Cut with a keen knife all the fat from meat that is not to be served cold. This fat rendered down makes an excellent dripping to saute potatoes. Chop it, set in a covered jar in the oven and allow it to melt. Strain and set away in the refrigerator.

The tender white meat of pork makes a salad which tastes very much like chicken. Sometimes if one has a few bits of chicken left over they may be combined with the pork, cut in neat cubes, and the fraud can scarcely be detected. Pork makes excellent croquettes or is good sliced and reheated in a cup of its brown gravy. It may be minced, enriched by a few spoons of gravy and poured on toast for a breakfast dish. Cold ham has a multitude of uses. A few scraps may be converted into a delicious sandwich or give an excellent flavor to a salad or egg dish. Even cold sausage has its uses, while a slice or two of cold broiled bacon put through a meat chopper and added to croquette mixtures provides an agreeable seasoning.

MINCED HAM ON TOAST

Toast several slices of stale bread. Butter and spread lightly with mustard, then over that put a thin layer of minced ham seasoned with a dash of cayenne. On top put a delicate grating of cheese. Set in a hot oven and let the cheese dissolve. Serve hot for luncheon or tea.

HAM GRIDDLECAKES

- 1 cup minced ham
- 2 cups stale bread crumbs
- 2 eggs
- Pepper
- 1 cup scalded milk

Mix the ham and crumbs with the milk and well-beaten eggs. Drop by spoonfuls on a hot buttered griddle.

HAM BALLS

Mince remains of lean ham, mix with an equal quantity of mashed potatoes. Mold into small flat cakes, roll in flour and brown in a spider with slices of salt pork tried out.

HAM TOAST

2 cups cold ham
2 eggs
 $\frac{1}{2}$ cup cream
 $\frac{1}{8}$ teaspoon mustard
Pepper

Chop very fine the cold ham, add the well-beaten eggs, cream, a little pepper and mustard. Heat this mixture till almost at the boiling point and spread on slices of buttered toast.

SHREDDED HAM

$\frac{1}{2}$ tablespoon butter
5 tablespoons currant jelly
Dash cayenne
4 tablespoons sherry
1 cup cold ham

Cut the ham into narrow strips. Put the butter and currant jelly in a saucepan. As soon as they are melted, add the cayenne, wine and ham and simmer five minutes.

HAM CANAPES

1 cup finely-chopped ham
2 tablespoons cream
Dust paprika
2 tablespoons grated cheese
6 slices bread

Cut the bread in one-half-inch slices, fry in melted butter and set in the oven to keep warm while you prepare the ham. Add the ham and seasoning to the cream, put a heaping spoonful on each slice of toast, sprinkle with grated cheese and set in a hot oven to brown.

ROYAL SCALLOP

- $\frac{1}{2}$ cup cold ham
- $\frac{1}{2}$ cup cold chicken
- $\frac{1}{2}$ cup smoked tongue
- 8 hard-boiled eggs
- 3 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 cups milk

Chop the meat and eggs fine. Make a white sauce from the flour, butter, milk and seasonings. Butter a number of ramekin dishes and into each one put a spoonful of the sauce, then a spoonful of the chopped ingredients. Cover with a spoonful of sauce and scatter with buttered bread crumbs. Bake till the crumbs are brown.

HAM AND POTATO PIE

- 1 cup cream sauce
- 2 cups cold potato
- $1\frac{1}{2}$ cups cold chopped ham
- $\frac{1}{2}$ cup dried bread crumbs

Chop the ham coarsely and cut the potatoes into dice. Butter a vegetable dish, put in a layer of cold potato, then a layer of ham and pour over it half a cup of cream sauce. Cover with another layer of potato and ham. Pour in the remainder of the sauce and cover with the buttered crumbs. Bake twenty minutes.

BLOCK ISLAND CROQUETTES

- 1 cup minced ham
- 1 cup stale bread crumbs
- 2 cups chopped cold potatoes
- 1 tablespoon butter
- 1 egg

Mix the ham, crumbs and potatoes with the butter and egg, make into small balls, flour, egg, crumb and fry in hot fat.

PORK CUTLETS

2 cups chopped cold pork
2 eggs
 $\frac{1}{2}$ cup cracker crumbs
1 teaspoon chopped parsley
1 teaspoon minced onion
1 tablespoon cream
Pepper and salt

Beat the eggs thoroughly, mix with the cream, stir in the chopped pork, cracker crumbs, onion, parsley and seasoning. Form into cutlet shaped croquettes, roll in flour, egg and crumbs. At the small end of the croquette stick in a few inches of macaroni. Fry in deep fat and serve with tomato sauce.

SCOTCH EGGS

1 cup chopped ham
7 eggs
 $\frac{1}{2}$ cup stale bread crumbs
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon mustard
Paprika and salt

Boil six eggs hard, cook the bread crumbs in the milk till it forms a paste. Stir in the ham, seasonings and one well-beaten egg. Mix well. Remove the hard-boiled eggs from the shells, wipe them dry and wrap each in the ham and crumb mixture. Roll in beaten egg and crumbs and fry in deep fat like croquettes. Cut each one in half lengthwise and serve hot on a nest of parsley.

HAM AND POTATO CROQUETTES

- $\frac{1}{2}$ beaten egg
- 1 cup mashed potato
- $\frac{1}{2}$ cup chopped ham

Warm the cold mashed potato in a double boiler and mix it with egg, take a tablespoonful in your hand and pat it out till it is the size and thickness of a large cooky. In the center put a teaspoonful of chopped ham. Fold it into the heart of the potato and roll it in a ball. Dip in flour, egg and crumbs and fry in deep hot fat.

HAM CECILS

- 1 cup chopped ham
- 1 egg
- 1 teaspoon flour
- Dash pepper

Chop boiled ham very fine, add one beaten egg, stir in the flour and pepper. Beat all together. Make into small balls, egg, roll in bread crumbs, then fry in hot fat.—Mrs. Frank Stewart.

HAM SANDWICHES

- 2 cups finely chopped ham
- 1 cucumber pickle
- 2 teaspoons made mustard
- 2 tablespoons butter
- $\frac{1}{4}$ teaspoon pepper

Put the ham through a meat chopper, using the finest knife. Mix perfectly smooth with the butter and seasonings and spread between slices of bread from which the crusts have been cut.

HAM SALAD

Cut cold ham into half-inch dice. Take an equal quantity of shredded lettuce or sliced celery, both if

you desire. Serve with a boiled dressing or a simple French dressing. Garnish with rings of egg.

SAUSAGE SALAD

- 1 head celery
- $\frac{1}{2}$ can peas
- $\frac{1}{2}$ can small French beans
- 3 cold sausages

Slice the celery very fine. Skin the sausages and cut into half-inch pieces. Toss lightly together with the beans. Rub a salad bowl with a raw onion, put in the salad. Cover with mayonnaise.

PORK SALAD

For pork salad you require left-over lean meat from a tender young pig. The meat can scarcely be distinguished from veal or the white meat of chicken. If the pork has been slightly corned, the flavor will be all the finer. Reject every morsel of browned meat, fat or gristle and cut into tiny pieces. Mix with an equal quantity of chopped celery and serve with mayonnaise dressing, exactly as if you were making chicken salad. You can impart a pleasant and unique flavor to the salad by using equal quantities of celery and crisp acid apples. Slices of beet cut into diamonds or hearts make a pretty garnish for this salad. Before you add a mayonnaise, marinate with a French dressing for several hours, setting it in the refrigerator till it is required for serving.

XIII

Poultry

Chicken Soup	Chicken Souffle
Chicken Puree	Chicken Dumplings
Turkey Soup	Chicken Cutlets
Scalloped Turkey	Easter Croquettes
Chicken and Ham Mold	Chicken Croquettes
Chicken Omelet	Salad of Dark Turkey
Chicken Gallosch	Meat
Ramekins of Chickens	Swiss Chicken Salad
Chicken and Macaroni	Turkey Salad
Creamed Chicken and Sweetbreads	Hot Chicken Salad
Chicken a la Terrapin	Potted Turkey
Chicken Pate	Glace Chicken with Let- tuce Salad
Chicken Timbales	

CHICKEN even at twenty cents a pound is not more extravagant than roast beef when one considers that every morsel of it can be used, even to the bleaching of the bones in a soup. The carcasses of two good chickens or one turkey will generally make a quart or two of excellent stock. This means, of course, that every bone, the giblets and every morsel of skin shall be saved. A careful housewife gathers all these remains into a clean bowl and they stand in the refrigerator until ready to be used. Cover them with cold water, add the seasonings suitable to chicken soup and set far back on the stove,

where it will take at least an hour to begin to simmer. In four hours it will be ready to strain.

Never add salt to a soup till after it has cooked. Cool the stock as quickly as possible, but never by putting it steaming hot into the refrigerator. I have seen that plan followed in more than one household and then I have heard the cook exclaim in wonder over spoiled stock and other foods ruined. Still, the sooner stock will cool the longer it will keep. Do not break the cake of fat on top until ready to use; it excludes the air and helps to keep the soup sweet.

There is no meat so suitable for rechauffes as chicken. It makes excellent croquettes and timbales. Creamed, it loses none of its delicate flavor. It is excellent in pates or on toast. It is good scalloped, deviled, curried, in fritters, or as a soufflé, while in hot summer days it appeals to the appetite as a salad, in aspic jelly, in a mousse, or potted. The meat of turkey, game, duck and goose may be treated in many instances as chicken. The flavor of a turkey salad is not as delicate as a chicken salad, still it is a dish not to be despised. The same rule ought to apply to the warming over of poultry as to other meats. Do not cook it a second time; all it requires is reheating.

CHICKEN SOUP

- 2 chicken carcasses
- 2 quarts cold water
- 2 onions
- 1 cup stewed tomato
- 1 chopped carrot
- 18 artichokes
- 1 tablespoon butter
- 1 tablespoon flour

Put the remains of the chicken in a soup kettle with the cold water. When this boils, add the onions

chopped fine, the tomato and carrot. If artichokes are in season, add eight of them pared and chopped. Cook for three hours. Half an hour before serving the soup, strain it through the colander, return to the pot with a dozen small artichokes and allow them to cook for twenty minutes. If artichokes cannot be obtained, let egg balls or tiny squares of toast take their place. Bind the soup with a spoonful of butter and flour cooked together, if it is not thick enough.

CHICKEN PUREE

1½ cups cold chicken
½ cup cold rice
1 chicken carcass
2 quarts cold water
1 onion
Sprig parsley
2 teaspoons sweet herbs
1 small carrot
6 peppercorns
Salt and pepper
½ cup cream

Put the carcass and the skin of a roast chicken into cold water with the sliced onion, chopped carrot, parsley, sweet herbs and peppercorns. Allow it to simmer gently for an hour. Pound the chicken meat to a paste, put it with the rice through a potato ricer. Strain the stock through a fine sieve and add the paste of rice and chicken. Let it heat and not come to a boil, season with salt and pepper and add just before serving the cream scalding hot.

TURKEY SOUP

1 turkey carcass
1 onion
2 bay leaves
4 sprigs parsley

- 1 carrot
- 1 parsnip
- 8 peppercorns
- 6 cloves
- 2 quarts cold water
- 1 teaspoon salt

Break the turkey bones into as small pieces as possible, and add all the morsels of dressing and meat not presentable enough to be served. Chop the carrot, parsnip and onion, add with the seasonings and the water. Allow it to simmer four hours, when the stock will be reduced to a quart. Pour through a puree strainer and set away over night to cool. Take the fat off and reheat. Add to it a pint of cream, bind with two tablespoons of flour and butter and serve with croutons.

SCALLOPED TURKEY

Into small ramekin dishes sprinkle dried bread crumbs browned in butter. Over this put a layer one and one-half inches deep of chopped cold turkey moistened by a spoonful of giblet gravy. Cover with browned crumbs and bake till chestnut brown.

CHICKEN AND HAM MOLD

- 2 cups cold chopped chicken
- 1 cup chopped ham
- 1 cup cold boiled macaroni
- 2 eggs
- 1 tablespoon butter
- 1 cup gravy
- Pepper and salt

Mix the chicken, ham and macaroni, moisten with the eggs, melted butter and gravy, season highly. Butter a mold, pour the mixture in, put on the cover tightly and boil two hours. Dip the mold into cold

water for a minute and turn out on a hot dish. Serve with tomato sauce.

CHICKEN OMELET

2 tablespoons milk
4 eggs
Salt and pepper
1 teacup chopped cold chicken

Beat the eggs very lightly, add milk and seasoning. Just before pouring into the pan add the chicken to the egg mixture. Melt the butter in an omelet pan, cook and fold exactly like an omelet.

CHICKEN GALLOSCH

2 potatoes (raw)
1 tablespoon butter
 $\frac{1}{2}$ teaspoon paprika
1 cup brown stock
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ clove garlic
1 cup cold chicken

Pare three small potatoes and cut into dice, add them to the melted butter in the spider to fry. Toss about in the butter till they begin to brown, then add the seasoning, the stock, and last the chicken. Simmer slowly. Serve as soon as the potatoes are soft.

RAMEKINS OF CHICKENS

Butter ramekins and cover the bottom of each dish with cooked rice. Into each put a layer of cold roast chicken cut in half-inch pieces and mixed with small pieces of the dressing. Moisten with a spoonful of gravy, season with pepper and salt. Cover with a thin layer of rice, then with a scattering of buttered bread crumbs. Bake till the crumbs are browned.

CHICKEN AND MACARONI

- 1 cup cold macaroni
- 2 cups cold chicken
- 6 mushrooms
- $\frac{1}{2}$ cup cream
- $\frac{1}{2}$ cup chicken stock
- $\frac{1}{2}$ cup dried bread crumbs
- Pepper and salt
- 1 tablespoon butter

Into a buttered baking dish put a layer of macaroni, then a layer of chicken cut in small strips. Sprinkle with pepper and salt and the mushrooms cut in quarters. Cover with a layer of macaroni, another of chicken and pour over it, wetting as evenly as possible, the stock and cream. Sprinkle buttered bread crumbs over the top and bake brown. If it browns too quickly, cover with a plate and pour a little more stock in if it seems to be growing too dry.

CREAMED CHICKEN AND SWEETBREADS

- 2 cups cold chicken
- 1 sweetbread
- $\frac{1}{4}$ can mushrooms
- 1 tablespoon butter
- 2 tablespoons flour
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup cream
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{4}$ teaspoon mace
- Paprika
- $\frac{1}{2}$ cup buttered crumbs

Blanch the sweetbread for ten minutes in boiling water, pare and stew till tender. Cut into small dice and with scissors clip the chicken into tiny strips. Cut the mushrooms in quarters. Make a white sauce

from the butter, flour and milk and add the seasonings. Take from the fire and stir into this the chicken, sweetbreads and mushrooms. Pour into a buttered baking dish, cover with crumbs, dust with pepper and salt and bake in a hot oven for twenty minutes.

CHICKEN A LA TERRAPIN

- 3 cups cold boiled chicken
- 1 hard-boiled egg
- 1½ tablespoons brown flour
- ½ cup chicken stock
- 1 cup milk
- ½ teaspoon salt
- Cayenne and mace
- 4 tablespoons butter
- 2 tablespoons Madeira wine

Chop the chicken and press the eggs through a potato ricer. The flour, butter, stock and milk should be cooked to a smooth sauce. Add the salt, a dust of cayenne and mace and cook in a double boiler for twenty minutes. Stir in the riced egg, chicken and wine just before taking from the fire. Serve on diamonds of toast, garnished with water cress.

CHICKEN PATE

- 1½ cups cold chopped chicken
- 1 egg
- 1 teaspoon minced parsley
- Pepper and salt
- ½ cup butter
- 3 tablespoons flour
- 1½ cups hot water

Melt the butter, add the flour and seasonings and gradually pour on the hot water. Boil five minutes, add the chicken, parsley and egg chopped fine. Let it come to a boil and while hot put a spoonful into

hot pate shells. Serve on a platter and garnish with parsley or blanched celery tops.

CHICKEN TIMBALES

- 2 tablespoons butter
- 4 tablespoons stale bread crumbs
- $\frac{3}{4}$ cup milk
- 1 cup chopped chicken
- $\frac{1}{2}$ teaspoon chopped parsley
- 2 eggs
- Pepper and salt

Melt the butter, add the crumbs and milk, and cook five minutes. Add the chicken, parsley and eggs slightly beaten. Season with pepper and salt. Turn into buttered molds. Set in a pan of hot water. Cover with buttered paper and bake twenty minutes.

CHICKEN SOUFFLE

- 2 tablespoons flour
- 2 tablespoons butter
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 2 cups scalded milk
- $\frac{1}{2}$ cup stale bread crumbs
- 2 cups cold chicken
- 1 tablespoon chopped parsley
- 3 eggs

Make a white sauce from the butter, flour, salt, pepper and milk. Add the crumbs and cook until quite thick. Take from the fire and beat in the chicken, parsley and the yolks of the eggs beaten till thick and lemon-colored. Whip the whites until stiff and dry and fold in. Pour in a buttered dish and set in a pan of hot water and bake in a hot oven thirty-five minutes.

CHICKEN DUMPLINGS

2 cups fine chopped chicken
1 cup chicken gravy
Yolks 3 eggs
3 tablespoons flour
Pepper and salt

Make a thick sauce from the flour and gravy or stock, put in the meat, then the beaten eggs. Stir over the fire till it thickens. Allow it to cool. Flour the hands and roll a tablespoonful into small balls. Egg, crumb and fry.

CHICKEN CUTLETS

1 $\frac{3}{4}$ cups cold chicken
1 cup thick white sauce
4 eggs
 $\frac{1}{2}$ cup fine bread crumbs
Pepper and salt

Put the white sauce hot in a granite saucepan, stir in the meat, add the beaten eggs, mix thoroughly, beating constantly for three minutes, then pour into a shallow dish to cool. When stiff, lift a tablespoon of the mixture, drop into flour and roll lightly into pyramid shape, as like the leg of a chicken as possible. Dip in a beaten egg, to which two tablespoons of water have been mixed. Then roll in sifted dried bread crumbs. Into the small end of each croquette put a piece of macaroni about five inches long to represent the bone of a chicken. Fry in deep lard and serve standing up in a platter with a garnishing of parsley.

EASTER CROQUETTES

4 tablespoons butter
8 tablespoons flour
1 cup chicken stock
4 tablespoons cream

12 hard-boiled eggs
 $\frac{1}{2}$ cup cold chicken

Make a thick white sauce from the butter, flour, stock and cream. Chop the eggs fine and stir into the sauce, mixing carefully so that it will not be beaten to a paste. Spread on a plate to cool. Into the center of each croquette fold an oyster, a cube of white chicken meat or a mushroom. Wrap the egg mixture deftly about it and roll into the shape of an egg. Roll in flour, egg and crumbs and fry to a light brown in deep fat. Serve in a nest of parsley or water cress.

CHICKEN CROQUETTES

1 $\frac{1}{2}$ cups chopped chicken
 $\frac{3}{4}$ cup chopped ham
6 chopped mushrooms
4 tablespoons flour
2 tablespoons butter
1 cup chicken stock
1 tablespoon cream
Pepper and salt
Nutmeg
1 teaspoon lemon juice

Put in a saucepan the flour and butter. Mix till the butter absorbs the flour, then add stock made from boiling up the bones of the chicken and stir till it becomes a thick paste. Add the cream, pepper and salt enough to season, a little nutmeg and lemon juice. Stir in the chopped chicken and mushrooms. Mix well and turn on a plate to cool. When quite cold, roll a tablespoon of the mixture in oblong shape, dip in egg and bread crumbs and fry in hot fat.—Miss Margaret Bailey.

SALAD OF DARK TURKEY MEAT

- 24 large chestnuts
- 4 sour apples
- 3 cups dark turkey meat
- 1 small lettuce
- 3 cucumber pickles

Cut into small cubes remains of dark turkey meat and dust with salt and pepper. Cut into quarters two dozen large chestnuts and slice fine four tart apples. Dress with mayonnaise or a French dressing. Serve on a nest of lettuce leaves and garnish with chopped sour pickled cucumbers.

SWISS CHICKEN SALAD

- 3 cups chicken
- 1 cucumber
- 1 cup English walnuts
- 2 heads celery
- 1 can French peas

Cut separately the chicken, cucumber and celery into small cubes, break the walnuts, add the peas and toss together, mix with a liberal quantity of mild mayonnaise. Garnish with stoned olives.

TURKEY SALAD

- 1 cup white turkey meat
- $\frac{3}{4}$ cup cut celery
- Pepper and salt

Chop the meat coarsely, mix the celery and toss the two lightly together. Heap in a nest of lettuce leaves, pour over a thick mayonnaise and garnish with the whites of eggs cut in rings.

HOT CHICKEN SALAD

- 1 cup cold chicken
- 1 tablespoon olive oil

- $\frac{1}{4}$ teaspoon onion juice
- $\frac{1}{4}$ teaspoon salt
- Paprika
- Celery salt
- $\frac{1}{2}$ tablespoon lemon juice
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk or chicken stock

Cut the chicken into tiny cubes and marinate with a dressing made from the oil, lemon juice and seasonings. While the salad stands, make a white sauce from the butter, flour and milk or stock. As soon as it boils add the chicken. Serve hot on slices of toast and sprinkle over it finely chopped celery.

POTTED TURKEY

- 1 cup chopped cold turkey
- 4 tablespoons chopped ham
- 1 cup butter
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon mustard

Put the turkey and ham through the chopper, using the finest knife. Pound in a mortar to a smooth paste, add the seasoning and softened butter. Press into pots and cover with clarified butter. This will keep for a long time. It is excellent for making sandwiches. Chicken may be used instead of turkey.

GLACE CHICKEN WITH LETTUCE SALAD

- 1 cup cream
- $\frac{1}{2}$ cup liquid chicken aspic
- 1 cup chicken meat
- 1 head lettuce
- Bunch water cress
- $\frac{1}{2}$ cup French dressing

Beat the cream stiff and fold into it the aspic and a cup of cold chicken, the white meat cut into tiny neat cubes. Season with pepper, celery salt and salt. Pour into a plain tin mold and set in ice and salt to chill thoroughly. Three hours will be long enough to make it hard. Into a salad bowl put a lettuce salad made from one shredded lettuce, a bunch of water cress and French dressing. Cut the chicken into long finger pieces and arrange neatly about the salad.

XIV

Fish

Fish Bisque	Salmon Croquettes
Salmon Loaf	Lobster Croquettes
Halibut Boudins	Fish Puff Balls
Kedgeriee	Bluefish Salad
Halibut Ramekins	Clam Salad
Fish Friandises	Halibut Salad
Curried Salmon	Salmon Salad Molds
Spiced Fish	

COLD fish makes excellent rechauffes. To this food, when reheated, quite as much as meat, the rule must be applied of never allowing it to come to a boil. Steam, as given by preparation in a double boiler, is one of the best methods to employ, although many dishes require the heat of the oven.

For fish rechauffes it is absolutely necessary to have a thorough knowledge of sauces. Stews and fricassees are foods that have been cooked in a sauce and they are excellent methods for reheating fish. When fish left-overs come from the table, pick them over carefully. Reject every bone, layers of fat or dark meat and flake the eatable portions neatly. Put in a bowl, cover closely and set in the refrigerator till required. Generally a fish rechauffe with a sauce calls for a small amount of fish stock. To obtain this put the bones and poor pieces of fish, not the skin or fat, into a small saucepan. Cover with cold water, allow it to simmer slowly for a few minutes, then strain and

cool. Never add salt to any fish dish without tasting, as it very easy to overseason it.

Croquettes are an excellent method for using up scraps of fish, especially salmon or any white-fleshed fish. When heated in a sauce it can be daintily served in ramekins or large scallop shells which are sold by the dozen in crockery stores. With a fine crust of brown crumbs these individual dishes are very attractive. Delicious curries, soups and deviled dishes may be prepared from cold fish. It can be combined with mashed potato and crumbs in a pie; it makes a tempting soufflé, excellent timbales, and may be used with cold potatoes for a relishing hash. Save even a few spoonfuls of any sauce accompanying fish. A half cup of egg, tomato, shrimp, oyster or plain white sauce adds much to the flavor of a fresh sauce used for reheating the dish. If the amount of fish is scant add two or three hard-boiled eggs, using them as a garnish or cutting the white in rings and squeezing the yolk through a potato ricer and sifting it over the top of the dish.

Sometimes there are small left-overs of cooked oysters or clams. If the oysters are in a milk stew, strain off the liquor and save it. It may be enriched by a spoonful of butter or half a cup of cream. Season well and heat in the double boiler and add the oysters, but only just long enough to heat them. More than a minute will overcook them. Oysters or clams which have been broiled or lightly cooked in any way may be deviled, curried or used in rissoles or chops. Chop coarsely a cup of cold scalloped oysters with a well-beaten egg and shape into croquettes. Flour, egg, crumb and fry. Lobster meat can be utilized in almost any recipe that calls for that excellent shellfish or converted into delicate lobster soup. The smallest amount of fish or shellfish can be utilized for

a sauce to accompany baked fish, lobster, oyster and shrimp being most suitable.

FISH BISQUE

2 cups cold fish
1 tablespoon butter
1 teaspoon parsley
1 tablespoon Worcestershire sauce
1 quart white or chicken stock
1 tablespoon butter
1 tablespoon flour
2 cups hot milk
2 tablespoons cracker crumbs
 $\frac{1}{2}$ teaspoon salt
Dash cayenne

Mince the fish fine, add to it the butter, chopped parsley, Worcestershire sauce and stock. Bind with the butter and flour cooked together. Add the milk, cracker crumbs and seasoning.

SALMON LOAF

2 cups salmon
1 cup stale bread crumbs
1 teaspoon onion juice
Salt and pepper
1 teaspoon chopped parsley
3 eggs

Flake the salmon fine, mix with the bread crumbs and seasonings and moisten with the well-beaten eggs. Pack into a buttered mold and steam for two hours. Serve hot. Any left-over of this dish may be broken into small pieces, and served with mayonnaise it makes a palatable salad.

HALIBUT BOUDINS

1 cup cold halibut
 $\frac{1}{2}$ cup cold mashed potato

- $\frac{1}{2}$ cup soft bread crumbs
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon salt
- 1 egg
- $\frac{1}{2}$ teaspoon onion juice

Mash the halibut, mix well with the other ingredients and press through a potato ricer. Moisten with the beaten egg. Butter Dario molds and dust them with fine bread crumbs. Fill each mold with the fish mixture, set them in a pan of hot water and bake for twenty minutes in a moderate oven. Serve on a hot platter, pour a white sauce over them and garnish with slices of hard-boiled egg.

KEDGEREE

- 1 cup cold rice
- 1 cup cold flaked fish
- 1 tablespoon butter
- 1 egg
- Salt and pepper

Into a double boiler put the rice and fish and let them grow quite hot, stirring lightly that the fish may not break and the mixture grow pasty. When hot add the butter, the egg unbeaten and salt and pepper. Stir till well blended and serve.

HALIBUT RAMEKINS

- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{1}{2}$ cup cream
- $\frac{1}{2}$ cup fish stock
- 2 cups cold flaked halibut
- Yolk 1 egg

Make a white sauce from the butter, flour, cream and fish stock. Pepper and salt to taste. Add the flaked fish and egg beaten thick. Pour into ramekins

and cover the top with buttered crumbs. On top lay a ring of hard-boiled white of egg and inside each a sprig of water cress.

FISH FRIANDISES

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup scalded milk
- 1 egg
- 2 cups cold fish
- 1½ cups buttered crumbs

Make a sauce of the butter, flour and milk. When it thickens, add the well-beaten egg. Take the remains of a cold baked or boiled white-fleshed fish and separate it into flakes. Put a thin layer of buttered crumbs in the bottom of a baking dish, cover with the flaked fish, sprinkle with salt, paprika and nutmeg. Pour in a layer of sauce, then fish. Alternate in this fashion till the dish is filled and cover with buttered crumbs. Bake for twenty minutes.

CURRIED SALMON

- ½ onion
- 1 tablespoon butter
- 1 teaspoon curry powder
- 1 cup hot water
- ½ tablespoon flour
- ½ tablespoon tomato catsup
- Salt and pepper to taste
- 1 cup cold salmon

Fry the onion brown in the butter, sift in the curry and flour, pour the water in slowly and stir till smooth. Add the seasoning, and last the salmon. Serve hot with toast.

SALMON CROQUETTES

- 3 cups cold salmon
- 1 cup cream
- 2 tablespoons butter
- 1 tablespoon flour
- 1 egg
- Pepper and salt

Chop the salmon well, make a white sauce from the butter, flour and cream. Cook and beat till smooth and creamy, then add the salmon and seasonings. Just before taking from the fire, add one well-beaten egg and spread on a buttered plate. When quite cool, roll into small croquettes with flattened ends, flour, egg, crumb and fry in deep boiling lard.

LOBSTER CROQUETTES

- 1 cup chopped lobster
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon mustard
- Dust cayenne or paprika
- $\frac{1}{2}$ cup cream sauce

Stir the lobster and seasonings into the hot cream sauce and spread on a plate to cool. Shape into tiny pyramids. Into the small end of each croquette stick a few inches of macaroni or a tiny lobster claw. Fry in deep fat. Garnish with parsley or water cress.

FISH PUFF BALLS

- 1 cup cold flaked fish
- 1 tablespoon butter
- $\frac{3}{4}$ cup flour
- 1 cup boiling milk
- 2 eggs
- Pepper and salt

Make a white sauce with the milk, flour and butter. Season with pepper and salt. When it has

thickened, lightly stir in the fish, then the well-beaten eggs. Fry a tablespoon at a time in smoking hot fat, fritter fashion.

BLUEFISH SALAD

- 3 cups cold flaked bluefish
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{4}$ cup olive oil
- 1 tablespoon vinegar

Flake the bluefish neatly and marinate for an hour with a French dressing made from the oil, vinegar and seasonings. Arrange on a nest of lettuce and serve with a mayonnaise garnished with chopped olives.

CLAM SALAD

- 2 cups cold clams
- 1 cup shredded lettuce

Use for this salad cold clams from a Rhode Island bake. Take off the black heads and remove the skin. Serve in a nest of shredded lettuce. Marinate for ten minutes with French dressing, then serve.

HALIBUT SALAD

- 2 cups cold halibut
- 1 cup shredded lettuce
- $\frac{1}{2}$ cup cold boiled potatoes

Flake the halibut into small pieces. Shred the lettuce with scissors. Cut the potato into half-inch cubes. Mix the fish and potato lightly. Lay in a nest of lettuce and pour over it French dressing.

SALMON SALAD MOLDS

- 1 cup cold salmon
- $\frac{1}{2}$ tablespoon lemon juice
- $\frac{1}{2}$ teaspoon parsley

1 drop tabasco sauce
1 tablespoon gelatine

Mix the salmon, lemon, parsley, tabasco and the gelatine, dissolved in a little water, with enough salad dressing to moisten. Wet half a dozen Dario molds. Fill with salmon and level the top of each one, place on ice and turn out in lettuce leaves. Serve with a mayonnaise.

SPICED FISH

Cold salmon, halibut or shad makes tasty dishes when flaked and covered with hot spiced vinegar and left a day before serving. Cold fried fish is excellent served very cold. Spanish mackerel is nice in this way. Any kind of catsup or salad dressing may be served with it, but it is quite palatable with bread and butter and makes a change from cold meat.—H. Annette Poole.

XV

Stale Cake

Sponge Cake a la Chan-	Marmalade Sponge Cake
telly	
Cocoanut Sponge Pud-	Pineapple Pudding
ding	Cabinet Pudding

STALE cake, especially sponge cake or ladyfingers, may be converted into delicious puddings.

Where the pudding is to be steamed or baked, cut the cake in fingers or break it into crumbs. If the pudding is to be soaked with wine, have a custard, fruit juice or cream poured over it, cut it in slices. Reject icing when preparing a pudding; it generally makes a pudding sweeter than is desirable. A good plain pudding is made by putting slices of the stale cake in a steamer and when moist serving with a spoonful of strawberry or marmalade sauce. It may be covered when cold with hot stewed berries and served with cream. Stale sponge cake serves for a foundation for charlotte russe and cabinet pudding, or if steamed may be covered with strawberries and whipped cream, when it makes an excellent imitation of strawberry shortcake.

SPONGE CAKE A LA CHANTELLY

- 1 stale sponge cake
- 2 cups fresh or canned fruit
- 1 cup cream
- 2 tablespoons powdered sugar
- $\frac{1}{4}$ teaspoon vanilla

From the top of a stale sponge cake cut a thin slice. Remove the inside, leaving a wall one and one-half inches thick. Into this put any fresh fruit sprinkled with sugar, or canned fruit from which the bulk of the juice has been drained. Beat the cream till thick. Add the sugar and vanilla and pour over the cake just before serving. Save the inside of the loaf; it may be utilized in various ways.

COCOANUT SPONGE PUDDING

- 2 cups scalded milk
- 1½ teacups sponge cake crumbs
- 1 cup grated cocoanut
- 1 cup sugar
- Grating nutmeg
- 1 tablespoon rosewater
- 3 eggs

Pour the hot milk over the sponge cake crumbs, sugar, beaten yolks of eggs, cocoanut. Allow it to stand for one-half hour. Add the nutmeg, rosewater and the whites of the eggs beaten to a dry froth. Bake three-quarters of an hour in a buttered mold. Serve with wine sauce.—Miss Margaret Bailey.

MARMALADE SPONGE CAKE

- 1 stale sponge cake
- 4 dry ladyfingers
- 1 cup powdered sugar
- ½ cup butter
- ¾ cup orange marmalade

Cut a stale sponge cake in two, in layer cake style, and set it in a steamer for ten minutes. Make a hard sauce by creaming the butter gradually, adding the sugar and beating it till smooth and white. Add the marmalade at the last. Dry the ladyfingers in a moderate oven till light brown, then roll into crumbs

with a rolling pin. Spread the hard sauce on a layer of the cake, cover with the other half of the cake, spread with the remainder of the sauce and scatter thickly with sifted ladyfinger crumbs. Serve immediately. Almost any kind of jam can be used instead of orange marmalade. If it is a very rich, sweet preserve, use a quarter of a cup less of sugar. The sauce is also excellent if made with a quarter of a cup of orange juice beaten into the hard sauce, one tablespoon of lemon juice and half a teaspoon of orange extract.

PINEAPPLE PUDDING

Slices of stale cake

1 pineapple

$\frac{1}{2}$ cup sugar

1 cup cold water

Line a buttered pudding dish with slices of stale cake. Pare and slice the pineapple thinly. Cover each layer of cake with the fruit, sprinkling it with sugar; cover with cake, then pineapple. Make the top layer cake and over all pour the water. Cover and bake slowly for two hours. Eat hot with hard sauce.

CABINET PUDDING

3 cups cake

1 cup milk

2 eggs

Salt

2 tablespoons sugar

$\frac{3}{4}$ cup raisins, nut meats and citron

Butter a quart melon mold and scatter over it a few currants, raisins, nut meats or tiny bits of citron. Fill the mold almost to the top with broken bits of cake and sprinkle a little fruit through it if the pieces

are of plain cake. Beat two eggs, stir in two tablespoons of sugar, a dash of salt and the milk. Pour this custard over the cake in the mold, turning in a little at a time to allow the cake to absorb the liquid, until all the custard is used. Put on the cover and place the filled mold in a kettle of boiling water, not allowing the water to come quite to the top of the mold. Place a lid on the kettle and let it boil one hour. Serve the pudding hot, with a wine or fruit sauce.—[Mrs. G. C. Gardner.

XVI

Cheese

Cheese Straws	Fried Cheese Sandwich
Cheese Omelet	Graham Bread Cheese
Rice with a Cheese Crust	Toast
Cheese Toast	Mock Crab Sandwiches
Baked Eggs with Cheese	Cheese Balls with Dressed
Cheese Rings	Lettuce
Cheese a la Italien	Toasted Cheese with
Savory Omelet	Eggs
Hot Cheese Crackers	

NEVER throw away scraps of cheese, no matter how hard or dry they are. Grate them and put it away in a bottle for seasoning or dishes au gratin. A few spoonfuls of cheese is a tasty addition to an endless variety of recipes.

CHEESE STRAWS

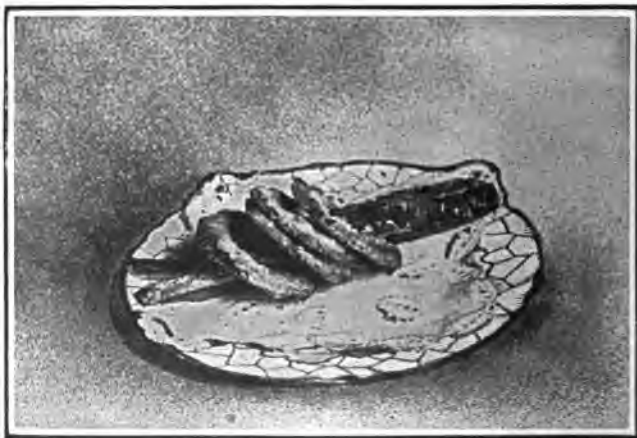
After making a pie, gather all the scraps of crust together and roll again. Cut it into straws a fourth of an inch wide. Lay upon a baking sheet, leaving a space between each straw wide enough to run a lead pencil. Grate cheese fine, season with salt and paprika and scatter quite thickly over the straws. Put into the oven where the greatest heat will be at the top and bake until the crust is a fine, delicate brown. Allow the straws to cool, cut between each one and pile them on a plate, log cabin style. Serve with a salad.

CHEESE OMELET

Make an omelet after any ordinary recipe. Scatter it thickly when first put in the pan and after being folded with finely grated cheese.

RICE WITH A CHEESE CRUST

2 cups cold boiled rice
1 cup milk
2 well-beaten eggs
Pepper and salt to taste
1 cup grated cheese
1 tablespoon butter



CHEESE STRAWS AND RINGS

Put the rice in a double boiler and reheat it in the milk till smooth. If there are any lumps, beat them out with a whisk. Add the eggs and pepper and salt. Pour into a shallow baking pan, sprinkle the cheese lightly over the top, dot with morsels of butter, and

bake till the top is delicately brown. This makes a nice entree.

CHEESE TOAST

Cut slices of stale bread and trim off the crusts, Toast them delicately brown and soften by dipping int hot salted water. Lay them neatly on a platter. Over them pour a cup of cream sauce, tomato sauce, brown sauce or gravy left from dinner, and sprinkle the top of each slice with grated cheese seasoned with pepper and salt. Dot it liberally with butter. Set the platter under the flame of a gas stove for five minutes. The cheese will brown delicately and form a delicious crust. This makes a nice luncheon dish.

BAKED EGGS WITH CHEESE

Butter small sauce dishes or shells with a brush and pour in each a teaspoon of cream. Drop in an egg carefully and sprinkle pepper, salt and a grating of cheese over it, with a morsel of butter on top of each. Let them bake in a moderate oven, where they will cook to a pearly film instead of growing hard.

CHEESE RINGS

1 tablespoon butter
1 cup flour
 $\frac{1}{2}$ cup grated cheese
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ cup water
Cayenne

Chop the butter into the flour. When it is as fine as meal, add the cheese, salt, baking powder, a dust of cayenne, and mix with water. Roll out very thin and cut with a doughnut cutter into rings. Bake till delicate brown in a moderate oven.

CHEESE A LA ITALIEN

- 4 tablespoons cornstarch
- 2 tablespoons flour
- 1 pint milk
- 3 egg yolks
- 4 tablespoons butter
- $\frac{1}{2}$ cup grated cheese

Wet the flour and cornstarch with milk and set the pint of milk over the fire in a double boiler. Pour in the flour and cornstarch, cook for fifteen minutes, add the butter, the well-beaten yolks of the eggs and the cheese. Stir till the eggs are cooked, then pour into a buttered tin. Cut into rounds with a sharp cooky cutter, sprinkle liberally the top of each with grated cheese, seasoned with salt and cayenne. Set in a hot oven, let them reheat, and allow the cheese to brown. Serve hot.

SAVORY OMELET

- Half a grated horse-radish
- 1 cup grated cheese
- 6 eggs
- 3 tablespoons olive oil
- Salt and pepper

Beat the eggs thoroughly, add the olive oil and seasonings, fold in lightly the cheese and horse-radish and pour into an omelet pan in which a tablespoon of butter has been melted. Cook like an ordinary omelet.

HOT CHEESE CRACKERS

Split common oyster crackers, butter them and fill thickly with grated cheese. Lay them together, place in a baking pan and sprinkle with a few drops of sherry. Bake in a hot oven till golden brown, and serve at once. This makes a nice dish for the Sunday evening supper.

FRIED CHEESE SANDWICH

Cut stale bread into thin slices and spread lightly with French mustard. Cover with a thick layer of grated cheese, sprinkle with salt and paprika. Press the slices of bread together and trim off the crusts. Heat a tablespoon of butter and lard together in a spider. Fry the sandwiches on both sides till light brown. Serve very hot. If you have a morsel of cold ham on hand, chop it fine and sprinkle over the cheese with a few bits of shredded parsley.

GRAHAM BREAD CHEESE TOAST

$\frac{3}{4}$ cups chopped ham
1 cup grated cheese
1 teaspoon parsley
1 tablespoon cream
Yolk 1 egg
6 slices graham bread

Cut stale graham bread into rather thick slices and toast them lightly. Cut into fancy shapes. To three-fourths cup of chopped ham or tongue add two tablespoons of grated cheese, one teaspoon parsley, one tablespoon cream and the beaten yolk of an egg. Spread lightly on the toast, and over them sprinkle a thick coat of grated cheese. Put the bread in a baking pan, set in a hot oven and brown well.

MOCK CRAB SANDWICHES

2 tablespoons butter
4 tablespoons grated cheese
 $\frac{1}{2}$ teaspoon salt, paprika and mustard
1 teaspoon vinegar and anchovy paste
1 teaspoon chopped olives

Cream the butter, add to the other ingredients and mix thoroughly. Spread between thin bread and butter folds. The anchovy makes a deliciously piquant

flavor for this sandwich and makes the mixture a fine coral tint that suggests crab in color as well as in taste.

CHEESE BALLS WITH DRESSED LETTUCE

1½ cups grated cheese
1 tablespoon flour
¼ teaspoon salt
Dash cayenne
Yolks 3 eggs

Mix the cheese, flour, salt and cayenne thoroughly and moisten with the eggs beaten stiff. Shape into small balls and roll in dry cracker dust. Fry in deep fat and drain. Serve with dressed lettuce.

TOASTED CHEESE WITH EGGS

3 tablespoons stale bread crumbs
2 eggs
2 teaspoons made mustard
Salt and pepper
1½ cups grated cheese

Soak the bread crumbs in milk with two eggs, then add the made mustard, salt and pepper to taste, and the grated cheese. Beat all together, spread evenly on slices of toast, and place in the oven to brown quickly. Before serving, strew a little dry grated cheese over it.

XVII

Left-Over Fruit

Plum Ice Cream	Bread and Jam Pudding
Steamed Berry Pudding	Whipped Apples

USE bits of jelly to enrich pudding. Small quantities of berries serve the same purpose. A cup of ripe currants or any sort of berries can be mashed into a cup of sugar and added with a beaten egg to make a pie. Even half a cup of berries or jam adds a delicious flavor to a quart of ice cream. Save the left-overs or sirup from cans of fruit for gelatine desserts, sherbets, creams, puddings, sauces, charlottes, fruit cottage puddings, with stale bread or cake, or to pour over French pancakes.

PLUM ICE CREAM

Rind 1 lemon
1 cup plum preserve
Yolk 1 egg
1 piece cinnamon stick
 $\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ cups milk
1 cup cream

Put the cream and milk with the cinnamon stick and lemon rind and scald in a double boiler. Beat the egg and sugar together and pour into the hot cream. Cook for a minute, steam and allow to cool. Freeze. Before taking from the can, pour in the plum preserve, turn the dasher for five minutes till the fruit is well

mixed with the preserve. Serve with a canned plum in each sherbet cup. Preserved fruit of almost any description can be used in this cream. If the fruit is very rich and sweet, three-quarters of a cup will be sufficient.

STEAMED BERRY PUDDING

- 1 cup milk
- 1½ cups flour
- 1½ cups blackberries, blueberries or
huckleberries
- ¼ teaspoon salt
- 1 teaspoon baking powder
- 2 tablespoons sugar
- 1 egg

Mix the salt, sugar and baking powder with the flour and sift. Add the milk, the well-beaten egg, and last of all the berries. Pour the batter into a greased mold or small basin and steam for two hours. Serve with a sweet liquid sauce or hard sauce.

BREAD AND JAM PUDDING

- 3 tablespoons butter
- 1½ cups boiling milk
- ¾ cup stale bread crumbs
- 1 tablespoon sugar
- 3 eggs
- ¾ cup jam or marmalade

Dissolve the butter in the milk and pour it on the crumbs, cover it and leave it to soak for half an hour; then beat it well with a silver fork, working in as you beat a tablespoon of sugar and the eggs. Spread an inch thick layer of jam or marmalade at the bottom of an un buttered pie dish, pour the softened crumbs over this, then pile on it rockily the whites of the eggs whipped to a stiff froth with a little powdered sugar

and a few drops of essence of vanilla, and bake half an hour in a gentle oven.—Mrs. Taylor L. Arms.

WHIPPED APPLES

2 cups apple pulp
1 cup powdered sugar
Whites 3 eggs
Yolks 3 eggs
2 tablespoons granulated sugar
2 cups milk
 $\frac{1}{2}$ teaspoon vanilla

Put cold baked apples in a potato ricer and press out the pulp. To one pint add the whites of the eggs, beaten to a froth, and the powdered sugar. Beat until perfectly stiff. Heap in a mold on a plate and set in a moderate oven till it crusts delicately like a meringue. Make a custard from the milk, yolks of eggs, sugar and vanilla. Serve well chilled, pouring the custard about the mound of apple just before taking to the table.



Alphabetical Index

	PAGE		PAGE
Apple dowdy.....	25	Chicken omelet	136
Apples, scalloped.....	24	pate	138
whipped	165	puree	134
Aspic jelly.....	88	ramekins of	136
Baked bean rarebit.....	84	souffle	139
beef fricassee.....	102	timbales	139
in brown sauce.....	100	Chocolate souffle	26
loaf	110	Coffee filling for cake.....	31
ragout with tomato.....	102	frappe	30
ramekins	104	frosting	32
rissoles	113	ice cream	32
scalloped	102	jelly	31
tomatoed	103	mousse	30
Bread crumb buckwheat cakes....	13	souffle	29
crumb omelet.....	15	Cookies, soft molasses.....	56
fried	14	Corn fritters.....	82
griddlecakes	15	gems	50
roulettes	16	muffins	51
steamed	11	omelet	82
Brown bread brewis.....	11	oysters	83
bread cream toast with cheese..	14	Corned beef sandwiches.....	110
bread ice cream	26	Cottage cheese	60
bread saute	15	Cracker fritters	27
Browned flour.....	89	Creamed corned beef au gratin..	103
Bubble and squeak.....	101	macaroni on toast	44
Buckwheat gems.....	51	Croquettes	45, 90, 140
Cake, coffee	32	Block Island.....	128
election	55	bread	17
walnut coffee.....	31	chicken	141
Cakes, drop ginger.....	57	ham and potato.....	130
sugar	56	Kentucky	116
Calves' liver terrapin with mush-		lamb and rice.....	123
rooms	117	lobster	150
Caramel	86	potato	66
Cecils	106	rice	40
Cheese a la Italien.....	160	salmon	150
balls with dressed lettuce.....	162	Windermere	117
crackers, hot.....	160	Curried beef.....	99
omelet	150	vegetables	83
rings	159	Curry sandwiches.....	111
straws	157	Deviled beef.....	100
toast	159	Doughnuts, New England Cook-	
toasted with eggs.....	162	ing School	53
Chicken a la terrapin.....	138	Dressing	75
and ham molds.....	135	for baked fish.....	18
and macaroni.....	137	Dried beef in ramekins.....	103
creamd with sweetbreads.....	137	Eggs baked with cheese.....	159
cutlets	140	English monkey.....	17
dumplings	140	Farina muffins.....	41
gallosch	136	Fatherland farm wheat loaf.....	105
glace with lettuce salad	143		

Alphabetical Index

167

	PAGE		PAGE
Fish bisque.....	147	Onion butter.....	89
frandises	149	souffle	85
puff balls.....	150	Papas Relennas	107
spiced	152	Parfait, cafe.....	30
Forcemeat balls for soup.....	106	Pie, sour cream.....	59
cakes	107	Pork cutlets.....	129
Frozen coffee with cream.....	33	Potato and bread stuffing for	
German meat cakes.....	106	fowl	18
Giblet stuffing.....	19	browned	64
Gingerbread	54	cakes	66
Al	55	cakes, fried.....	63
soft molasses.....	54	omelet	66
whole wheat.....	55	whipped	65
Graham bread cheese toast.....	161	Potatoes, Chartreuse.....	64
muffins	50	creamed	64
Grilled slices of beef with Creole		Delmonico	63
sauce	99	Duchesse	65
Halibut boudins	147	Lyonnaise	64
ramekins	148	stewed	64
Ham and potato pie.....	128	with hard-boiled eggs.....	65
balls	126	with lamb stuffing.....	120
canapes	127	Potted meat.....	111
cecils	130	tongue	112
griddlecakes	126	Pressed meat.....	108
minced on toast.....	126	Pudding, apple custard.....	22
shredded	127	Brandywine Inn	58
toast	127	bread and jam.....	164
Hash, beef.....	105	bread, with raspberry sauce.....	24
vegetable	81	cabinet	155
Hominy griddlecakes.....	43	cocoanut	26
in cream sauce.....	42	cocoanut sponge.....	154
muffins	42	cream rice.....	39
Ice cream, plum	163	crusty apple.....	25
Indian griddlecakes.....	52	fig	23
Kedgerie	148	Indian	57
Kitchen bouquet.....	86	lemon meringue.....	21
Lamb cutlets.....	123	orange	20
mound with peas.....	121	orange marmalade	24
rissoles	122	pineapple	155
with savory sauce.....	122	plain cracker.....	27
Lettuce, wilted.....	81	plum	23
Macaroni a la Italien.....	45	prune and bread.....	22
and celery.....	43	rice and apple	39
and chicken.....	45	rice, with a cheese crust.....	158
savory	43	savory	58
Meat minced with poached eggs.....	99	steamed berry.....	164
Milk toast	14	walnut	21
Mocha cream frosting.....	28	Remains of a boiled dinner.....	108
Mock terrapin.....	100	Review of reviews.....	105
Mother Johnson's pancakes	52	Rice and corn meal muffins.....	30
Mush and bacon, fried.....	41	bread	38
fried	42	gems	38
Mushrooms in sour cream.....	55	griddlecakes	36
Nut balls.....	116	or hominy griddlecakes or	
Oatmeal muffins.....	41	muffins	52
Omelet, savory.....	160	waffles	37
		with cheese	36
		with cheese crust.....	35
		with date sauce.....	37
		Roast beef pillau	101

	PAGE		PAGE
Salad, baked bean.....	77	Sauce, bread.....	16
Bavarian	76	coffee cream.....	29
beefsteak	114	raspberry	25
beet and cabbage.....	72	Robert	82
bluefish	15	white	98
bouillie	114	Scotch eggs.....	129
cauliflower and potato.....	74	Soup, baked bean.....	80
chiffonade	72	chicken	133
clam	151	corn	79
corned beef.....	114	cream of corn.....	80
halibut	151	left-over	98
ham	130	mock bisque	16
hot chicken.....	142	pea	79
Italian	72	squash	80
lamb	124	turkey	134
lamb and lettuce.....	123	Sour cream salad dressing.....	60
left-over	112	milk biscuit	49
macedoine	76	milk corn fritters.....	58
May Irwin's pet.....	75	Spanish dressing.....	19
of asparagus tips.....	74	Spider corncake.....	51
of dark turkey meat.....	142	Spinach in molds.....	74
pea	78	rechauffe	84
plain cabbage.....	75	Sponge cake a la Chantelly.....	153
pork	131	cake marmalade.....	154
potato	67	Squash biscuit.....	87
potato and beet.....	68	Steamed graham loaf.....	49
potato and tomato.....	67	Stew, beef.....	112
red vegetable.....	73	Stuffing, roast goose.....	18
roast beef.....	112	Sunday morning loaf.....	48
Russian	73	Sweet potatoes au gratin.....	69
Russian aspic.....	73	potatoes, Cuban style.....	68
sausage	131	potatoes, glazed.....	68
string bean.....	76	Timbales	89
sweet potato.....	69	Toast	12
Swiss chicken.....	142	tomato	15
tomato and beef.....	113	Tomatoes and onions, scalloped..	83
turkey	142	mock	78
veal and lettuce.....	119	stuffed	104
Salmon, curried.....	149	Turkey, potted.....	143
loaf	147	scalloped	135
salad molds.....	151	Veal casserole	118
Sandwiches, baked bean.....	79	in omelet.....	118
fried cheese.....	161	in tomato sauce.....	118
ham	130	White bread brewis.....	13
in cream sauce.....	13	Whole wheat muffins.....	50
mock crab.....	161	Woodlawn brown bread.....	47
tongue	111		
veal	119		

I

NOTES

42
16
29
25
12
18
9
0
3
7
2
1

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NOTES

NOTES

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Salmon loaf is garnished with green peas and sliced radishes and served with egg sauce



Giving Small Luncheons

Or dinners when there's a baby in the family

A BABY in the family need not hinder you from entertaining your friends at luncheon or dinner just as you always have done, provided you make your plans for it carefully in advance.

It is a good idea to make a list of the dishes with which you are familiar and which are easy to serve, together with the vegetables and relishes that go with them, and consult it whenever you are planning for guests.

Several days before the party get your place cards ready and make sure that the linen, china, glassware, and silver are ready for use. Flowers can be arranged early on the same day.

Plan your menu two or three days in advance, selecting dishes that may be cooked the day before or early on the day of the party when baby is having a nap. If they are also dishes that can be prepared for the table ahead of time and kept hot or cold, you can easily attend to baby's needs just before the guests arrive so that he will re-

By ALICE BRADLEY

Principal of

Miss Farmer's School of Cookery

water to make one cup. Stir and boil one minute. Add celery, bring to boiling point, season to taste with salt and paprika, and keep hot over hot water until just before serving. Then add egg yolk and cream and stir and cook two minutes.

Charlotte Russe with Figs

$\frac{1}{2}$ tablespoon gelatin	$\frac{1}{2}$ teaspoon vanilla
2 tablespoons cold water	$\frac{1}{2}$ cup heavy cream
$\frac{1}{4}$ cup scalded milk	1 small jar canned figs
$\frac{1}{4}$ cup powdered sugar	2 stale macaroons

SOAK gelatin in cold water, dissolve in milk, and add sugar and vanilla. Beat cream until stiff and fold into the first mixture, when it is cool but not stiff. Put figs cut in pieces, in bottom of slender parfait glasses. Add a spoonful of the charlotte mixture, more figs, and enough charlotte mixture to fill the glass. Sprinkle with macaroons rolled fine and put in cold place. Serve with the fig sirup.

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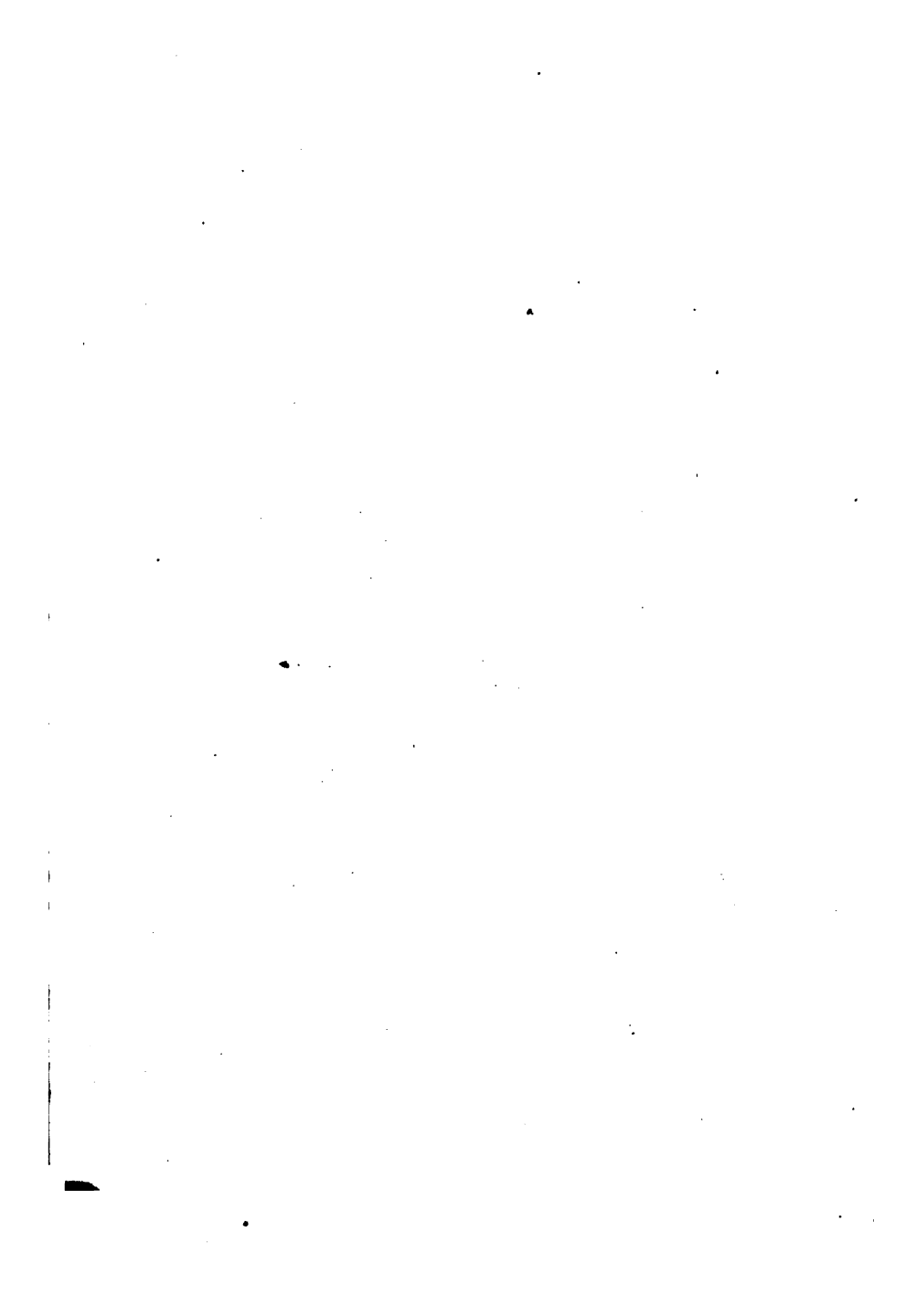
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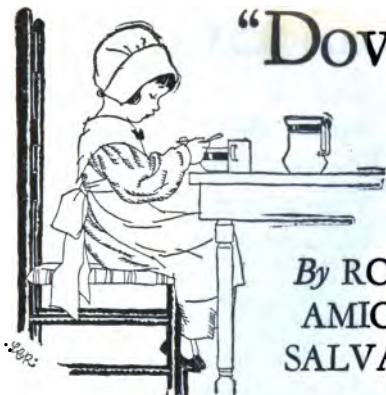
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"Down East" Dishes

*As delicious now
the Puritan day*

By ROSE
AMIOT
SALVAIL



THE recipes making up this Thanksgiving group of New England dishes are centuries old, some of them copied from handwritten, time-yellowed books which have been handed down in one family from generation to generation. They were originated by our New England forefathers (or mothers), or adapted by them from the Indian dishes which they found in common use.

Pumpkin Pie

"Tobias' favorite pye" is the comment.

- | | |
|------------------------|---------------------------------|
| 1 medium-sized pumpkin | 1 cup sugar |
| 4 cups milk | $\frac{3}{4}$ teaspoon cinnamon |
| 3 eggs | 1 teaspoon ginger |
| | $\frac{1}{2}$ teaspoon salt |

STEAM pumpkin until perfectly tender and press through sieve. Add milk, well-beaten eggs, and other ingredients. Mix together thoroughly and pour into deep tins lined with crust. Sift a little sugar and nutmeg over the top before putting into oven. Bake until firm in the center and a golden-brown in color.

Pumpkin Soup

First tried out in a "Down East" hamlet.

- | | |
|------------------------|----------------------------------|
| 1 medium-sized pumpkin | $\frac{1}{2}$ cup chopped celery |
| 2 medium-sized onions | 3 sprigs parsley |
| 3 medium-sized carrots | 2 teaspoons salt |
| 2 leeks | $\frac{1}{4}$ tablespoon pepper |
| | 1 tablespoon sugar |
| | 1 pint milk |
| | 2 tablespoons butter |

Cut pumpkin and carrots into small pieces, slice onions and leeks and put these, with

rind into one-inch squares. Cut a slice from pork and place in bottom of bean-pot or baking dish. Add beans and bury remainder of pork with onion in the beans, leaving rind exposed. Mix salt, pepper, molasses, and mustard in one pint of boiling water, stir thoroughly and pour over beans. Add enough boiling water to cover beans. Cover pot and bake slowly for six or seven hours. During last hour of cooking remove cover from pot so that pork rind may become brown and crisp.

Plum Porridge

This is strictly a Cape Cod concoction.

- | | |
|--------------------|-------------------------------|
| 1 cup raisins | $\frac{1}{4}$ teaspoon nutmeg |
| 1 quart milk | Salt to taste |
| 1 tablespoon sugar | 1 tablespoon flour |

Boil raisins till tender. Heat milk and add (made in Italy) in water in which they were boiled). Add sugar, nutmeg, and salt. Do not boil, but scald well and thicken with flour. Serve very hot with crackers.

Fish Chowder

From the olden days of the long fishing coast.

- | | |
|--------------------|-------------------------------|
| 1 cup milk | $\frac{1}{4}$ teaspoon pepper |
| 3 pints cold water | |
| 2 Boston crabs | |
| 1 onion | |





